

Bouquet Garni

"Anybody can make you enjoy the first bite of a dish, but only a real Chef can make you enjoy the last."

François Minot

*November, 2004
Volume 8
Issue 1*



BCCASA
cuisine education

British Columbia
Culinary Arts
Specialists' Association

www.bctf.bc.ca/PSAs/BCCASA



BCCASA Executive Board 2003-2005

Bouquet Garni

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Past president.



*Al Irving
President,
Chef Instructor
Gulf Island
Secondary*

Hello Everyone;

I hope this newsletter finds you all in good health, wonderful spirits and a successful start up to this year. This is definitely a different year for me; I'm off on deferred salary this year and back at being a full time student. Doug Hill, from Ontario, has taken over my program this year and has had some unique challenges to deal with; a new 4 day work week at Gulf Islands Secondary School, longer class times, more classes throughout the day, shorter lunch time (40 min.), the loss of a full time SEA position in the cafeteria and larger class sizes due to the huge number of grade 9s which were put into the program this year. All of his classes have students from grades 9-12! For those of you who haven't met Doug yet, he will be at the Gingerbread Competition this year with a group of students from his program.

I would like to thank Sheila Hunter and Pia Carrol from Edward Milne Community School in Sooke for hosting this years BCCASA conference. Their planning and execution of this conference was phenomenal, right down to even making sure that the weather was beautifully sunny for every event we had outdoors! It was a busy and varied agenda that kept us moving for the full 2 days, from bussing to the Malahat summit and Cowichan Valley, in house demos from Sheila's and Pia's alumni students, to presentations from local entrepreneurs and panel discussions with Gilbert Noussitou and Ralph Walker. Of course the food wasn't too bad either, ranging from a ploughman's lunch at Merridale Ciderworks to a 3 course dinner at the word famous Sooke Harbour House. For those of you who didn't attend, you missed some incredible meals and one of the best conferences I've ever attended! Thank you again Sheila and Pia.

The Executive Committee is currently contacting all the secondary schools in B.C., trying to determine who is teaching Culinary Arts. We are asking for all of our members assistance in locating past and potential new BCCASA members. If any of you know of anyone teaching Culinary Arts in any form in your district, please contact them and encourage them to fill out a membership application form (application forms can be found at www.bctf.bc.ca/PSAs/~PSA-ApplicationForm.shtml) and let the Executive know so that we can contact them also. If people are unsure and would like more information before joining, direct them to the BCCASA website, www.bctf.bc.ca/PSAs/BCCASA/. Make sure that your teaching assistants, SEAs, present and former students are made aware that they can become associate members.

Take care everyone and I hope to see all of you at the gingerbread competition in Surrey next month!

Al



Daniel Lesnes
Chef Instructor
Garibaldi
Secondary

*For the correct
 answer check our
 website*

Alison Bell
Chef Instructor
David Thompson
Secondary

Brain Teaser #9

What am I?

I am famous for playing hard to get, but I'm coming soon. The few that are graced with my presence find me on small tropical trees in Vietnam, Thailand, Cambodia, Sri Lanka, the Philippines, as well as Hawaii. I am the reigning queen in the Guttiferaceae family and you must refer to me as the "Queen of the Tropical Fruits."

I grow at my own leisurely pace, and although it's usually in timely fashion, I won't be hurried. I am difficult to propagate and will easily get pernickety. My thick, vibrant skin is simply stunning. While I might share the same purplish red skin color as a pomegranate, please, give me a break, I am significantly more beautiful both inside and out. My insides are segmented into adorable pulpy white/ivory sections. My pulp is sensually delicate, yet powerfully sweet and juicy. My amazing exotic flavour has been described as a mixture of pineapples, apricots, oranges, and grapes. One taste will bring you to your knees as I melt in your mouth. If you must, I can be pureed as a topping, used for ice creams or sorbet, or tossed in a fruit salad, but if it's my essence your after (and who isn't?) all you need do is spoon me right out of my skin.

I think the Indonesians have it best because that is where I am most abundant. Can you believe they actually use me in recipes for pickles and vinegar? Such a waste! If you're like me and blessed with a fabulous sense of fashion, I'm probably on your shoes, wallet, or gloves as the tannins from my skin are used as a dye.

I contain potassium and vitamin C and just for fun, I threw in some iron and niacin. I have no religious affiliations, sound like a fruit I am not, and if found on mainland USA I would most likely be radiant.



I thought you may be interested in this website; www.freerangegraphics.com.

The videos are great. I use the food related ones in my class.





B.C.C.A.S.A.
For The Three Months Ending September 30, 2004

	Current Month	YTD	Current
<u>Income</u>			
Income surplus			23,912.02-
Membership/subscription fees	106.00-		136.00-
Interest Income	70.67-		70.67-
Other	80.00-		150.00-
Total Income	256.67-		24,275.69-
<u>Expenses</u>			
Meeting executive	69.59		127.83
Publication-newsletter		188.45	
Publication-other	2.54		2.54
Miscellaneous	1.96		1.96
Total Expenses	74.09		320.78
Total	182.58-		23,954.91

Sysco Food Expo

"Two student from Rick Hansen, Garibaldi and Thomas Haney Secondary School Culinary Arts Programs and their instructors took part in a Culinary Competition at the Sysco's Food Expo this past September 29th. The two students demonstrated their skills at Sysco's first culinary competition in Vancouver.

The secondary Chef Training and Cafeteria programs were brought out of the kitchens and into the limelight as students demonstrated their skills at Sysco's first culinary competition. The competition was held as part of Sysco's annual food service expo in Vancouver which was attended by members from are areas of the culinary industry. Students were required to make two entrees with vegetables from a selected variety of vegetables, meat and sauces.

Five members of the B.C. Chef's Association judged the entries based on plate presentation, composition and taste. Thomas Haney took first place, Hansen second, and Garibaldi finishing off very close behind in third.

This was a great way to start off the new school year for both students and instructors, as the Competition gave the student the opportunity to take in the show as well as demonstrate their skills. Sysco plans on running the competition again next year during there 2005 food service expo."

*Trevor Randle
Treasurer
Aldergrove
Community
Secondary*

*David Jones
Chef Instructor
Rick Hanson
Secondary*



Brian Roodenrys
Chef Instructor
Semiahmoo
Secondary

Island Bounty Conference October 21 , 22 , 23, 2004

This year's conference began as an idea two years ago on a bus ride through the Rocky Mountains. It was on the way to the Banff Springs hotel and Lake Louise. Sheila Hunter and Pia Carroll were talking about the great conference being held in Invermere and how much they enjoyed it. Terry Larsen quickly brought up the idea of hosting a conference in Sooke. I guess that's what you get for opening your mouth in a group. Sheila and Pia said they would do it ,but not next year. That was two years ago. They went ahead and hosted the last conference in October.

The conference began on the ferry, there were ten people on the ferry going over at the same time. Pierre Dubrulle and Daniel Lesnes were there. David Jones, the Langley crew and Ben Weber. Many pleasantries were exchanged and then the subject of how many people were coming to the conference, and who was not. There are many reasons why the other chefs were not there. The main theme of these conversations were, how we missed the chefs, that used to partake in these conferences.

The main group arrived at the 17 mile pub and we hooked with more of our group. It was nice to see people from the Island and Ross Martin, with his quick wit and unique sense of humor made it an extremely enjoyable evening.

A group of us were staying at the Blackfish Bed and breakfast. It was very cozy. If one person coughed the whole house could hear you. The ocean view was spectacular. Everybody started talking about there favorite subject, themselves. I was just as guilty.

We started the next morning at The Edward Milne Community School. Sheila and Pia were to greet us and we had some coffee and muffins. We then registered and began our day. Our first stop was the exclusive spa and resort The Aerie. We had a tour from the manager and it was a very luxurious restaurant, decorated in French classical furniture, with a west coast flair to the colour schemes. It had a great view and a great price, if you wanted to stay there for one night. We got back on the bus and proceeded to the Cowichan Bay Farm for a tour of their farm. It was interesting to find out that these chicken were not free range but raised in a pen that was continually moved around and they had fresh grass to walk on every day. Then it was off to the Merridale Ciderworks, we watched the apples being pressed and they explained their apples were organically grown and were fermented over a period of six months. By this time we were ready for lunch. We then had tasting of different ciders. The soup was delicious and the atmosphere was very bright and comfortable.

We ran a bit late and we proceeded directly to the Sooke Harbor House for a tour of their garden. It was very interesting. Later there was a tour of the kitchen. A couple of the chefs made a comment on the cleanliness of the kitchen. The comment was made, it was a good thing we teach food safe, for our students, another comment was, the front of the house was beautiful,



while the kitchen was a different story. The food at Sooke Harbor House was very well presented and tasted very good. We had a three course meal. the appetizer was very well presented.

Day 2

We all met back at the Edward Milne School for our next session. We had an appetizer demo from a former student that had attended Edward Milne community School. Then we had a seafood purveyor talk to us about the fishing business. The highlight for me at this conference was, the lunch prepared by the former students of the Culinary Arts program. These three young men, Zach Regan, Daryl Pope and Ian Carr, put on a wonderful meal. These young men are the future. I was amazed at how they prepared the food with such passion. After lunch there was a panel discussion on the trends in the industry and where the hospitality is headed. We discussed the slow food movement and its implications for the future.

The last session of the day was a sampling of local products. At the end of the day we exchanged some teaching materials and headed back to the Blackfish bed and breakfast for a little rest and relaxation. It was very full itinerary and we settled in for our last get together. it was a great evening. Our mission at the executive is to bring back former members and to get new members into the fold. After the conference was over the main topic of discussion was the conference for next year. We will let you as new developments unfold.

Brian Roodenrys

Brian Roodenrys
Chef Instructor
Semiahmoo
Secondary



On your calendar:

Gingerbread Competition: Wednesday, December 8, 2004

Lard Sculpture Competition: Wednesday, April 6, 2005

Sd 42 Chowder Contest: Thursday, May 19, 2005



Gilbert Noussitou
Apprentice-
ship Instructor
Camosun College
Victoria

“...An Investment in the Future...”

WHY BOTHER WITH TRAINING?

Training is expensive and in rough economic times, nothing comes under fire more than training budgets. Training is an easy budgetary target with only one alternative; not to do any training.

Training is extremely important for the success of any food service operation. It is a powerful motivator and will lead employees to achieve high quality standards as well as superior skills. Where companies have invested in training, success has followed.

Training is not only the path for success for the company but it also sends a message to the employee being trained. “If the company is investing in me, they must value me as an employee.” This sense of belonging will automatically encourage greater efforts, promote good morale, reduce turnover and so on and so forth...

The word apprentice has its root in the French word “aprend” or “apprendre” - to learn. Many still view an apprentice as “one legally bound by indenture to work or serve under a master craftsman for a prescribed period of time in exchange for education.” Although there is some truth to this definition of apprentice, today's employees are not interested in being legally bound by indenture nor are they to work under a “master craftsman”; they just want to learn and get on with life.

Webster's dictionary defines the modern apprentice as “a person who works for another in order to learn a trade”. Apprenticeship programs are very user friendly and do not include inflexible contracts. To be an apprentice or to employ an apprentice in today's complicated business world is simply a way to formalize the will to train and to form a partnership between the apprentice, the employer, and the technical training provider. Rigid contracts are no longer; an apprentice is simply an employee in training. The big advantage is that all apprenticeable trades are largely funded by the government, which makes apprenticeship the most affordable method of training.

Training in the hospitality industry should be a constant occurrence. There are two primary groups of people to train: the apprentices or inexperienced, and the cooks that may have several years of experience. Each group should be handled differently but from a training standpoint, I think most Chefs would prefer to train apprentices; they don't have preset ideas or bad habits and are usually eager to learn. It doesn't take much to convince an apprentice how things should be done!



WHAT IS APPRENTICESHIP TRAINING?

An apprenticeship is a four-way partnership:

- 1- Industry Training Authority (Registration & Certification)
- 2- Employer (Trainer)
- 3- Apprentice (Trainee)
- 4- College (Technical Training Provider)

- An apprenticeship program allows the transfer of skills, knowledge and best practices to the next generation of workers.
- An apprenticeship program allows employers to train to their specific needs
- An apprenticeship program allows apprentices to learn on the job while earning wages and contributing to production
- An apprenticeship program motivates employees to improve their skills with minimum investment
- An apprenticeship program improves professionalism and increases employee retention

Gilbert Noussitou
Apprentice-
ship Instructor
Camosun College
Victoria

WHY SHOULD I GET INVOLVED?

- Over the next decade, accommodations and food service industry will have some 85,000 new job openings.
- The most critical shortage is and will be in the middle management and management segments of the workforce
- Offering a training program is a great motivation tool, it improves skill levels, raises productivity standards, minimizes boredom and reduces turnover.
- Training is expensive; apprenticeship is a proven training method while being the most cost effective.
- Industry must invest in the training of its own workforce.

A FEW THINGS TO CONSIDER:



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Victoria

- Assess the place of employment to ensure that the scope of work required to support apprenticeship training can be provided.
- Assign a training coordinator to assume the "On The Job Trainer" role and to register apprentices.
- Determine if current employees are eligible to enroll in an apprenticeship program.
- Communicate with Camosun College to access any information or coaching you may require, and to review technical training content and scheduling.
- An apprentice is subject to the same employment rules and regulations as any other employee and can be dismissed (for just cause) or laid off at any time.
- An apprentice can change places of employment at will as long as employment rules and regulations are being respected. However, the I.T.A (Ministry) needs to be informed of any changes in employment status.

HOW DOES AN APPRENTICESHIP PROGRAM WORK?

The cook apprenticeship program has two distinct parts:

1. The practical training obtained on the job under the supervision of a qualified tradesperson.
2. The technical training acquired in an accredited training institute such as Camosun College. Technical training requires the apprentice to attend three training sessions of four weeks each (4 weeks per year of apprenticeship).

In some instances, an apprentice with recognized previous experience and with approval of the employer (registered trainer) may be able to obtain credit towards the practical training component. Each case is strictly assessed on an individual basis and maximum credit will not exceed 18 months.

Credit towards the technical training component may also be granted and will be strictly assessed on an individual basis.

Please note that in-school technical training periods are only 4 weeks in duration during which apprentices are "bombaraded" with a large amount of information, and expected to complete a number of time-consuming "home



assignments". Apprentices that are required to work during in-school training periods cannot study effectively and tend to perform poorly.

An apprentice must successfully complete both the practical and technical part of the program to be eligible to write the final examination.

Upon successful completion of the final examination, the apprentice will receive a Certificate of Apprenticeship and a Certificate of Qualification with a Red Seal endorsement recognizing achievement of Inter-Provincial standards.

SIMPLE STEPS TO GET STARTED:

Registering an apprentice is actually quite simple but it does require a touch of patience and a little paperwork.

1. REGISTER WITH THE INDUSTRY TRAINING AUTHORITY (I.T.A):

Option #1 (Best option):

Contact Camosun College's Apprenticeship and Training Coordinator Olaf Nielsen at (250) 370-4829 or (250) 213-2314. Olaf will provide you with application forms and answer all the questions you may have.

Option #2:

Call the I.T.A. toll free at 1 866 660-6011. You will be directed to the website: www.aved.gov.bc.ca/industrytraining/. This website contains a lot of training related information

The apprentice will be assigned a TWID number (Trade Worker ID) as well as an apprenticeship number. These numbers will be required to register with the College as well as with H.R.D.C. to receive employment insurance benefits

2. REGISTER FOR TECHNICAL TRAINING AT CAMOSUN COLLEGE:

Choose the available training periods suitable to your needs. Scheduling for all three in school training periods is recommended to ensure availability of seats.

Note: A tuition fee for each technical training period will be collected by the College upon registration.

3. OBTAIN THE TRAINING MATERIALS (text book and learning

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guides) from Camosun College and adopt a training attitude in the work place.

Do not hesitate to call Apprenticeship Instructor Gilbert Noussitou at (250) 370-3778 for any help or support you may need

IMPORTANT CONTACTS

CAMOSUN COLLEGE:

Website: www.camosun.bc.ca

Apprenticeship Training Coordinator: Olaf Nielsen

Tel: (250) 370-4829

Cell: (250) 213-231

nielseno@camosun.bc.ca

Apprenticeship Instructor:

Gilbert Noussitou

Tel: (250) 370-3778

noussito@camosun.bc.ca

Technical Training Registration

(250) 370-3846

INDUSTRY TRAINING AUTHORITY:

Website:

www.aved.gov.bc.ca/industrytraining/

Toll free number:

1 866 660-6011



*Terry Larsen
1st vice President,
Chef Instructor
Enver Creek
Secondary*

Hello Folks,

I have found a source for some inexpensive knife kits for your students. The kits, as listed below, are valued at \$93.50 plus taxes -- which amounts to \$106.59 per kit.

The kit contains a steak/scimitar knife, a french knife (8 or 10 inch), a 12 inch slicer, a filleting knife, a boning knife, and two paring knives in a soft canvas-type knife bag.

The knives are a brand called Tramontina and are stain free high carbon and Commercial Foodservice type made in Brazil. The kit does not contain a steel as yet because the supplier has not found one that isn't less than half the cost of the rest of the kit. I have tried these knives and found them suitable for students and beginning cooks. The kits would make nice gifts for graduating scholarship students or individual knives could be purchased for your school kitchen use.

If you are interested contact Brain Larson (no relation -- check the spelling of the last name) at:

June Sandra Marketing

2626 Spuraway

Coquitlam, BC

V3C 4K5

604-716-9552 or 604-944-9355

Contact Brian if you are interested.

Terry





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
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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, Half page \$50.00, Full Page \$100.00 (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.