

March 2005
Volume 8, Issue 2

Bouquet Garni

"An old-fashioned vegetable soup, without any enhancement, is a more powerful anticarcinogen than any known medicine." James Duke M.D.(U.S.D.A.)

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BCCASA Scholarship

Application Deadline:
Friday, April 1, 2005 by 3:00 p.m.

**NO NAMES WILL BE
ACCEPTED AFTER THIS
DATE**

Awards Banquet:
Sunday May 1, 2005 (11:00 am)
Coyote Golf and Country Club
7778 - 152 Street
Surrey, BC
Chef Dan Marshall
604 597 4653.

Please respond to the attention of:

Terry Larsen,
Scholarship Chairperson
Enver Creek Secondary School
14505 - 84th Avenue
Surrey, BC V3S 8X2

School: (604) 543-8149
Fax: (604) 543-9762
Home: (604) 596-5861

See Details on page 2



23rd Annual North Surrey Secondary Gingerbread Competition

December 8, 2004
Braving torrential rains, 250
Gingerbreaders brought their edible
creations to be judged at the 23rd
Annual Gingerbread Competition. It
is a very busy time in the Culinary
Arts kitchens of British Columbia,
but our students and their Chef
Instructors make the effort to
design and create in the medium of
Gingerbread and Royal Icing for the
delight of the hundreds of

Elementary school children from
District #36 who are invited to
come and view the projects each
year. And indeed our students are
delighted as well. After all the hard
work that goes into these creations
our students can stand back and
regard their work and that of their
peers and know that they have
achieved something of which they
can be extremely proud ...
--Full story on our Web Site--

BCCASA Scholarship Application

Deadline: Friday, April 1, 2005 by 3:00 p.m.

NO NAMES WILL BE ACCEPTED AFTER THIS DATE

Awards Banquet: Sunday May 1, 2005 (11:00 am)

Coyote Golf and Country Club
7778 - 152 Street
Surrey, BC
Chef Dan Marshall
604 597 4653

Plaque Deadline:

Friday, April 15, 2005

Cost: \$30.00 by mail, payable to BCCASA

Please FAX the typed name of students recipient(s) for correct spelling

Number Confirmation:

of students + family + chef instructors = total

Send number and names of all people attending on confirmation fax by 3:00 p.m. Friday, April 22, 2005

Please respond to the attention of :

Terry Larsen,
Scholarship Chairperson
Enver Creek Secondary School
14505 - 84th Avenue
Surrey, BC V3S 8X2
School: (604) 543-8149
Fax: (604) 543-9762
Home: (604) 596-5861

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:

Funding of the BC Culinary Arts Specialists' Association (BCCASA) Scholarships is not 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, April 1, 2005 by faxing the typed and completed Scholarship Application to 604-543-9762 attention Terry Larsen. Please confirm by phone when the name(s) have been faxed.
3. Mail \$30.00 (cheque payable to

*Deadline: Friday, April 1, 2005 by 3:00 p.m.
NO NAMES WILL BE ACCEPTED AFTER THIS DATE."*

Scholarship (continued)

BCCASA) for the cost of each plaque, to the Scholarship Chairperson by Friday, April 15, 2005. Please confirm the proper spelling of recipient(s) names by sending a typed-written Fax to the Scholarship Chairperson by 3:00 p.m. on Friday April 15, 2005. Please confirm by phone when the name(s) have been faxed. 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 from your school who attends the scholarship luncheon. Brunch cost is \$30.00 and is payable to BC Chefs' Association. Bring your cheque or cash to the Luncheon -- Do not send to BCCASA Scholarship Chairperson.

6. Inform the Scholarship Chairperson, BY FAX of the names and number of people who will be attending the Awards Banquet by 3:00 p.m. Friday, April 22, 2005. Names of all people attending the Scholarship luncheon are requested on this confirmation fax. This is to avoid the confusion in previous years where persons 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:

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 FRIDAY, APRIL 1, 2005, at 3.00 PM.

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 \$30.00.

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 the \$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.

"Complete the enclosed SCHOLARSHIP APPLICATION and give it to the instructor."

Brain Teaser # 10

"Excessive consumption will make your skin colour... a great alternative to the tanning salon."

They should calculate my weight in diamonds! I am originally from the Middle East and Central Asia. I have been cultivated there for thousands of years. I am a member in good standing of the Umbelliferae family (you may have heard of my cousin hemlock, I know Socrates has). I am a biennial plant and have hundreds of varieties ranging in height, thickness and colour. In fact my various colours almost cover the entire rainbow including, white, orange, red, purple, and if left out too long, black. I am produced globally but my largest crops come from the United States, China, England, France, Japan, and Poland. My uses are truly universal. Need to soothe a burn? Use me raw as a compress for immediate relief. Menstrual cramping got you bloated? Don't run to the medicine cabinet, head for the refrigerator and munch on me. Wanna make your wine more interesting? Use me in the fermentation process and cheer the

results. On the culinary side, I have one danger. Excessive consumption will make your skin colour, my primary skin colour. This is a great alternative to the tanning salon. You will enjoy me in crudités, soups, salads, sandwiches, cookies, cakes, or classically glazed with brown sugar and butter. I am a dieter's delight with my way low calories, and don't even talk to me about fat, I have none! I am 87% water yet rich in vitamin A and Potassium. My slender shape also contains Vitamin C, Thiamin, Folic Acid, and Magnesium. My oil is rich in Vitamin E. These days you could very well find me skinned and topless, but don't worry, that gets me to the plate more quickly. Children thrive on my babies, horses love the old folks. Why, with this many colours shapes and uses, everyone will find a variety that suits them. You shouldn't have to jump in a hole to enjoy me any more.

Check the answer on our Web Site

Upcoming Events

April 6 2005
Lard Sculpture Competition Enver Creek Secondary

May 19 2005
School District 42 Chowder Cook Off. Check for detail coming soon on our Web Site

June 23-26 2005
Canadian Chef Educators Conference in Edmonton Alberta
<http://www.canadianchefeducators.com>

October 21-23 2005
BCCASA Conference to Las Vegas

BRITISH COLUMBIA CULINARY ARTS
SPECIALISTS' ASSOCIATION

Scholarship Application Form

Date: _____
Name of Student: _____
Address: _____

City: _____
Postal Code: _____
Telephone: (_____) _____
Chef Instructor: _____
School: _____
Address: _____
City: _____
Postal Code: _____
School Phone: (_____) _____
School Fax: (_____) _____
Email: _____

Please Fax to:
Terry Larsen, BCCASA Scholarship Chairperson
Enver Creek Secondary School,
(604) 543-9762
by 3:00 p.m. Friday, April 1, 2005.



BCCASA Executive Board 2003-2005

President :Mr. Al Irving
Gulf Island Secondary
Salt Spring (250) 537-9944
airving@shaw.ca

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

Directors: Mr. Brian Roodenrys
Semiahmoo Secondary,
Surrey (604) 536-2131
broode0615@shaw.ca

Mrs. Alison Bell
David Thompson Secondary,
Invermere (250) 342-9213
abell@sd6.bc.ca
Conference and membership chairperson.

1st Vice President: Mr. Terry Larsen
Enver Creek Secondary
Surrey (604) 543-8149
tolarsen@uniserve.com
Scholarship chairperson, coordinates all BCCASA Scholarship activities.

2nd Vice President: Mr.. Daniel Lesnes
Garibaldi Secondary,
Maple Ridge (604) 463-6287
lesgau@mac.com
Newsletter Editor and Webmaster.

Treasurer: Mr. Trevor Randle
Aldergrove Community Secondary School
Aldergrove (604) 856-2521
trandle@sd35.bc.ca
Book-keeping and budget planning

Secretary: Mr.. David Jones
Rick Hanson Secondary
Abbotsford (604) 864-0011
dave_joneschef@sd34.bc.ca
Minutes, arrangement of up coming meetings

Chairman of the Board: Mr. Pierre Dubrulle
Thomas Haney Secondary,
Maple Ridge, (604) 463-2001
pdubrulle@sd42.ca
Past president.

President's Message

Hello Everyone!

I hope you are all having a successful new year with your program and students as well as your personal lives. No doubt that everyone is looking forward to some well deserved R&R during the coming spring break.

Once again, thanks go out to Chefs John Haen and Wolf von Oelffen for another successful gingerbread competition, 23 years and counting! It seems like every year the students step it up another notch and surprise us all with their projects. There were some incredible and diverse entries this year reflecting the amount of hard work, dedication and imagination from our students (as well as the occasional size 12 motivator from the instructors). If you haven't already done so, check out the BCCASA website for all the pictures of this years (and past years) competition. Thanks to Daniel for all his work on posting these pictures and keeping the website current.

The BCCASA scholarship awards brunch is fast approaching so if you have any of you have students you feel are deserving of a scholarship please get your application into Terry Larsen as soon as possible. The deadline for all applications is April 1st, don't wait until the last minute to get

We're on the Web!

www.bctf.bc.ca/PSAs/
BCCASA



BCCASA

the information into Terry!
The awards brunch will be on May 1st at the Coyote Creek Golf and Country Club this year.

Next Octobers BCCASA conference is going to be held in Las Vegas and we (the executive members) are working on setting all the details in place for the next issue of Bouquet Garni. If any members have any suggestions for the conference, any contacts in Las Vegas that we could utilize or would like to help with planning, please e-mail directly.

Please check your BCCASA membership anniversary dates and keep your membership current, it really helps us in keeping track of everyone and our directory updated. We seem to have lost some members over the past few years because they have forgotten to renew their membership, not realizing the their memberships have lapsed. Instead of renewing every year, when you get your notice from BCTF renew it for multiple years so you don't have to deal with it every year. The executive is in the process of doing a mail out right now to bring some of our old members back into the fold and to try and recruit new members who don't know we exist. If you know of anyone who falls into either category, please contact us and let us know so that we can contact them.

Take care everyone.

Al