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BOUQUET GARNI



President's Message
 submitted by Trevor Randle, BCCASA
 President

Happy 2019 to everyone in the BCCASA universe. I hope that everyone enjoyed a well deserved break and took part in lots of family time.

This school year has been very busy for BCCASA and I am looking forward to what 2019 will bring.

I want to thank everyone who took part in our Kelowna conference and AGM. It was great to see new faces, familiar faces and of course our retired chef instructors who make to trip. I also want to thank the BCCASA executive for coming to together to pull off such a successful conference. Judging by the feedback forms, it looks as though everyone who joined us was able to choose a highlight. For me, our conferences are always fun and I always learn something new, but regardless of where we go, or what activities we do, I get the most education from collaboration with my peers. When B.C.'s Chef Instructors get together, one can not help up be inspired and excited. I hope you were able to get to know someone and learn something from one another as I did.



“When B.C.’s Chef Instructors get together, one can not help up be inspired” -Chef Trevor Randle

On that note, I am very thankful for the speedy and generous sharing of information by those who replied to the debit machine in teaching kitchens feedback survey. As I shared with you in a more detailed follow up email, of the 29 responses, 18 teaching kitchens are currently using debit in their teaching kitchens. Of the 18, the greatest disadvantage of debit is the loss of wifi. To me, the speedy and candid responses showcases the strength and experience of our members, as well as the willingness to share experiences to assist other chef instructors.

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This is what a PSA is all about. If you need to reach out to members, please do not hesitate to contact any of the executive members to get you inquiry out.

We also recently enjoyed an amazing BCCASA hosted professional development day at PICA. This was yet another opportunity to collaborate with Chef Instructors while learning some new culinary techniques and presentations. This pro d day is the second stage of this year's goal to include the entire province in our PSA activities. Thank you to Lori for planning yet another unforgettable experience.

Lastly, I want to take the opportunity to congratulate Chef Brian Smith for receiving the 2019 Top Teacher Award from the BC Agriculture in the Classroom Foundation. Aside from being a long time supporter of local agriculture in his personal and professional lives, as well as his school's facilitator of the AITC programs such as the Fruit and Vegetable Program and of course Take a Bite of BC, Brian has taken the lead in multiple fundraisers for the organization that raised money for the continuation and expansion of the TBBC program. Well deserved recognition for an incredible Chef Instructor!!

Trevor Randle, BCCASA President

[@BCCASAchefwebsite](https://www.bccasa.ca)
www.bccasa.ca



Membership Update

Scott Roberts and myself, Donna Frost are trying to update our membership lists to maintain contact with our members. We will be contacting you by email to see if everything is current. If you have recently moved or changed schools please contact us.

Scott is overseeing the membership for the Interior, the North, Vancouver Island and Abbotsford. I am looking after metro Vancouver area and Chilliwack.

Scott.Roberts@abbyschools.ca and donna_frost@sd33.bc.ca

Lesnes' Brain Teaser #43 Winter 2019

Although I am a member of the carrot family, I have no fear of being eaten by rabbits. I am beautiful and internationally popular. One of my names is derived from the word “bedbug”, because it is said that I emit a similar odour. An ironic fact considering that I am known for increasing the appetite as well as being a fragrant ingredient in various perfumes and cosmetics. Dating back over 3000 years, I was used by Hippocrates as a medication. The romans added me to vinegar to preserve meats, and the Chinese Han dynasty (207 B. C. - A. D. 220) believed I possessed the powers to give immortality. In the Arabian fantasy, The Thousand and One Nights, I was referred to as an aphrodisiac. Every part of me is useful, from my roots, up to my leaves and seeds. My flowers are white, pink and pale mauve. My leaves are light green and look a bit like flat parsley, but my flavour has much more bite. My long roots have a nutty flavour while my seeds have citrus overtones. I am everywhere in the culinary world and I can often be found mixing with my friends; beet, onion, and spud. My leaves and seeds are essential in any good curry, and any guacamole worth mentioning couldn't survive without my leaves blended in. My roots are very fond of mushrooms (it's an earthy thing ya know) and they usually end up spending all night floating around in a marinade. Roots have also been spotted hanging around with tomatoes or pasta hoping for a quick mix in a salad. My seeds make a lovely afternoon tea or help your digestion after a meal. I provide vitamin A, potassium, calcium. Most people either Love me or Hate me, taste experts aren't sure why!

WHAT AM I?

*Check out www.bccasa.ca for the answer!

Submitted by Chef Daniel Lesnes



Brian Smith of Thomas Haney Secondary Receives Outstanding Teacher Award from BC Agriculture in the Classroom

ABBOTSFORD, BC - BC Agriculture in the Classroom Foundation (BCAITC) is pleased to announce Brian Smith as the recipient of the 2018 BCAITC Outstanding Teacher Award. The award was presented to Smith for demonstrating outstanding leadership and innovation in agriculture education.

Each year BC Agriculture in the Classroom acknowledges a teacher that is an ambassador for agriculture education. They are leaders in agriculture professional development for teachers, initiators of school agricultural projects, lessons, and initiatives. They are people who make it a priority for their students to learn about food and farming in our province.

A Culinary Arts Instructor at Thomas Haney Secondary in Maple Ridge, Brian Smith has been instrumental in promoting the Take a Bite of BC and the BC School Fruit and Vegetable Nutritional (BCSFVNP) programs to staff and students at his school. Both are programs that share a message that is near and dear to his heart - promoting BC's agriculture.

As an ambassador for Take a Bite of BC, Brian is thankful for the tremendous product farmers send to the teaching kitchens, which gives him and his students the opportunity to cook with and discuss the benefits of BC grown. His students boast that they make food in the school cafeteria that could be served at a gourmet restaurant. Brian has also led a number of BCAITC's successful fundraisers that have allowed Take a Bite of BC and other programs to grow and expand.

Outside of the classroom, Brian has been a champion for BC agriculture on a number of provincial platforms. First, during his term as President of BC's Chef Instructor Association, and as a curriculum writer in Victoria. He was directly responsible for including BC Agriculture in the new Ministry of Education BC Culinary Arts curriculum for grades 10, 11 and 12.

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“Brian has spent years promoting and highlighting local agriculture both inside and outside of his classroom” said colleague and BCAITC Celebrity Chef Trevor Randle. “In his teaching kitchen, he consistently works with Culinary Arts students to showcase local agriculture on a daily basis and challenges his staff and students to do the same. Brian’s humble nature and dedication to agriculture and Culinary Arts education is nothing less than inspiring. I am proud to call Brian my colleague and my friend.”

The award was presented to Brian at this year’s Agri-Food Industry Gala by BCAITC’s Executive Director, Pat Tonn. Congratulations Brian Smith!

-30-

Contact Information:

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BC Agriculture in the Classroom Foundation
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Annual SD #42 Chowder Competition

Date: May 2nd 2019

Time: 8:30 am – 12:30 pm



Hello Everyone

The Annual SD #42 Chowder Competition is approaching on **May 2nd 2019**. Please register by **April 25th 2019** to ensure that we have space for your teams.

This year **Thomas Haney Secondary School** will be hosting the event. Please contact Brian Smith @ brian_smith@sd42.ca or 604.463.2100 to register.

The event will take place outside or in our cafeteria, dependent on the weather.

Even though this is a fun day for participants, everyone must comply with best FoodSafe practices, including maintaining appropriate temperatures for their food items at all times.

A Chowder is:

A hearty soup made from fish, shellfish and/or vegetables, usually containing milk and potatoes and often thickened with roux. (Webster's New World Dictionary of Culinary

Arts).

Setup: 8:30 am

Start Time: 9:00 am

Presentation Time (Official Judging): 11:15 am

(Open to the public): 11:54 am

UBC Teacher Candidate Bios



Back row (left to right): *Dean Firgo, Alexa-Rae Copland, Teal Imbeau, Jeffrey Müller, Narissa Gulamhussein, Kate Cho, Brent McGimpsey, Tony Crisafi, & Joe Tong (Adjunct Professor)*

Front Row (Left to Right): *Amanda Biro, Lindsey Jenner, Harpreet Vachher, Amy Kim, Annie Shum, Adeline Wong, Jody Yau, Jessica Numminen*

Greetings colleagues! I trust you are all getting into the swing of things for the year. I am pleased to introduce you to this year's Home Economics/Chef cohort at UBC - this year we have a diverse group of teacher candidates! This year's foci for them include: unpacking the structure of the curriculum and connecting home economics frameworks with the design, skills, and technologies framework; practicing and developing skills in the context of home economics content; and investigating historical perspectives in home economics education.

Our class has prepared quick introductions for you all the get to know them. Please send them positive thoughts and wishes as they visit schools and embark on their short practicums in the late Fall!

See you all soon!

Joe Tong (UBC Adjunct Professor - Home Economics Education)

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Amanda Biro

My name is Amanda Biro, and I am so excited to be a part of the home economics cohort at UBC! I also completed my undergrad at UBC, receiving my degree in Food, Nutrition, and Health. During my high school years I had so many excellent teachers that pushed me out of my comfort zone, and made me feel supported. I hope to be the same kind of positive influence for my future students. I love being a part of the home economics program because I think it encompasses so many practical skills that students need, and can use for the rest of their lives!

Kate Cho

I, Kate Cho, have studied at UBC to attain a bachelor of science in foods, nutrition, and health. After immigration to Canada in 2004, one of the teachers I had when I was learning English really helped me as I went through a big transition to a new country. She helped me not only academically but helped me to gain confidence to go through difficult times. It is a teacher like her that inspires me to give the same positive influence to future generations. In the past, I have regularly volunteered at Sunday school as a co-teacher to lead elementary school aged students to do bible studies as well as drafts and music classes. With my passion of guiding teenagers as they go through life transitions, I joined a Christian based teenager support camp in Princeton, BC. After my experience as one of the leaders at the camp, I decided to pursue my profession as an educator. My hope is to become a teacher like my English teacher to be supportive and understanding to see beyond the students' actions as well as guide them to reach their potential.

Alexa-Rae Copland

I am Alexa-Rae Copland and I fell in love with textiles in my grade 8 life skills class. Home economics followed me throughout my life and by the time I was graduating with my BA I was helping teach private sewing classes. As these classes were coming to a permanent end I realized how much joy I gained from teaching. This was when I decided to go back to school and become a home economics teacher. In my personal life cooking and baking play large roles as well as many other crafts I have picked up over the years. In my free time I am slowly trying to build a handmade wardrobe and am constantly inspired by the online sewing community. I hope to be able to inspire others to learn, apply skills and find passion in the subjects I teach.

Tony Crisafi

I teach cafeteria training at Riverside high school in Port Coquitlam and the students call me Chef Tony. My culinary career spans over 25 years from Montreal to the French Alps and all that time I've been known as Chef, but I've only been known as chef Tony for the last two years. During my career as a chef I've cooked for sports celebrities, Hollywood actors, heads of state including prime ministers; Canadian and foreign and I've also cooked for religious leaders such as Desmond tutu and the Dalai Lama but I can honestly say my favorite customers to date are my students. Last year I helped one of my top students get employment at a casual fine dining restaurant, a few months later he came back to thank me for helping him and to tell me that I was his favorite teacher. Teaching these students gave me a new perspective on why I'm becoming a teacher, and knowing that I can make a difference in a child's life or just making class enjoyable, that is why I teach.

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Dean Firgo

My name is Dean Firgo and I am absolutely stoked to be completing my Dual Degree program in Home Economics Education as part of the 2018/2019 UBC B.Ed. cohort! I have always been drawn towards various topics in education, curriculum and learning ever since I was in school myself. After witnessing the diverse ways in how my high school teachers would deliver meaningful content, instill important values and encourage critical learning among me and my classmates, I knew ever since that I wanted to do the same. Throughout my degree program, I have also learned the utmost appeal of what Home Economics offers as a teachable subject: it provides an extensive array of different, highly-practical skills for both teachers and students to grasp in order to better engage with their surrounding families and communities. I hope to be continuously inspired and informed in my exciting journey of learning and teaching.

Narissa Gulamhussein

Hey There! My Name is Narissa. I currently have a Bachelor of Arts with a Major in Sociology and minor in family studies, and a Masters of Arts in Counselling Psychology. I decided on home economics education because I enjoy family studies, engaging in conversations and learning around different family dynamics, family structures, and what family means to everyone. I am inspired by everyone I meet, I love hearing about people's life stories, and the different life journeys they have experienced. I am hoping to be an asset to home economics education. I am looking forward to creating and learning with learners!

Teal Imbeau

Hello, my name is Teal. I have my BA from UBC with a Major in Psychology and minor in critical studies of human sexuality. I was drawn to home economics as I have always had a desire to create and a passion for sustainability. I look forward to working with students to create a classroom that will inspire a sense of connection between the students, their larger community, and their own passions. In high school I loved that my home economics classes provided both the structure and space to explore personal interests and practice valuable skills.

Lindsey Jenner

My name is Lindsey Jenner. I did my undergrad at the Wilson School of Design, Kwantlen Polytechnic University where I obtained my Bachelor of Design, Fashion and Technology. My experiences as a swim coach, program coordinator and sewing instructor have lead me to attend the Bachelor of Education program at the University of British Columbia in order to gain and strengthen the skills I need to become a great teacher. I have always loved design and want to be able to share my passion and knowledge with others. My home economics teacher in high school helped me realize my passion and I want to be able to do that for others. I hope to inspire students with creative and fun lessons, so they can explore their passions and creativity freely in a safe environment.

Amy Kim

My name is Amy and I am a proud Home Economics teacher candidate! I did my undergrad at SFU for Bachelor of Arts in Psychology and Human Development and Counselling. Going through my undergrad years helped me shape who I am now as well as who I want to be in the future. I want to be an educator who cultivates all three domains of learning (cognitive, affective and psychomotor) through holistic approaches. I believe home economics is a good foundational basis for my ambition as it implements education in relation to lifelong skills and critical thinking.

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Brent McGimpsey

I, Brent McGimpsey, am a passionate advocate for the education of adolescents in the understanding and implementation of farm to table cooking, and teaching the importance of a healthy diet and lifestyle. I worked for 12 years a professional chef having obtained my Red Seal in Culinary Arts from Vancouver Community College. I have the equivalent of a Bachelor of Arts through my combined studies of history, political science and culinary arts. Seeing young people learn the basics of practical cooking and watching them develop pride, sense of accomplishment and greater appreciation for food in a completed dish is what motivates and inspires me to teach chef education. Having mentored and worked with two young people in my volunteer experience, to help them prepare for a cooking competition, and seeing them come in second place affirmed my desire to become a cooking teacher and revealed to me the endless possibilities that I can help the next generation strive for in their culinary education.

Jeffrey Müller

Hello, My name is Jeffrey Müller. I received my Bachelor of Arts from the University of British Columbia and an Associates Degree from Langara College. Throughout my retail career i have worked in different teaching positions and training positions, waiting for the chance to be able to complete my dream to come back to school and become a teacher. Finally I am here. Home Economics along with Social studies were my two favourite subjects in school, to which I could never wait to go. We always looked forward to Home Ec because it was fun and different from all our other classes. I want to be that teacher but take it up a notch. It wasn't actually my first choice. It was German and History until one of my friends asked why I wasn't doing Home Ec. "Your hands and always creating and doing new things, baking, cooking or teaching yourself how to knit...why aren't you teaching the subject your perfect at...wasn't it your favourite in high school?" That made me think and really in 2 seconds it was my changed and that was all I wanted to do. My Aha moment. I also had the chance to work with a great teacher this past year and get to see how she had to come up with new ways to inspire and teach her students. She was awesome and gave me such great ideas, I will always be grateful to her. In that I hope to bring the idea of new inspiration with me into this field. Instead of doing the same projects, I want to keep the inspiration to bring new projects and ideas into my classroom. To finish, what inspires me is the light that goes on in someone's eyes when they understand a concept, a new direction, or fall in love with something new. It's amazing when that happens.

Jessica Numminen

My name is Jessica Numminen. I have excitedly joined the UBC teaching program this September 2018, International Baccalaureate Diploma Programme cohort with my teachable subject in Home Economics and Social Studies. In 2007, I graduated from Simon Fraser University with a Bachelor of Art, majoring in Political Science and a double minor in Dialogue and Sociology. The same year I completed a certificate in Documentary Film Production from Langara College. After completing my schooling, I worked in the Vancouver's Downtown Eastside working in the area of arts-based community development, community economic development through social enterprise, and supportive housing for persons with multiple barriers. One of my passions was to bring people together around food in different ways and contexts such as creating informal food workshops on hot-plates in an art studio. Another way was teaching canning workshops as well as exploring issues of food through with different community members through the process of dialogue and community art projects. Food brings people together and at the same time one can build community through food.

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One of my personal passions is learning about different cultures through food. For many years, I belonged to multicultural community kitchen which brought together new immigrants with Canadians. On my travels I try to learn new recipes, cooking techniques associated sometimes with cultural practices or stories surrounding the food. One of my most memorable cooking techniques I learned while living in Kenya was how to bake in the ground. I am passionate about food, understanding our food systems, the overarching social justice issue climate change, access to food and cultural transmission including the process of decolonizing food systems. Over the past decade I have brought a multi-disciplinary perspective and approach to community work and looking forward to applying this approach in my classroom as a home economic teacher.

Annie Shum

My name is Annie Shum. I am currently doing a dual degree in Food, Nutrition and Health and Education. I haven't gotten my first degree yet, but I will be getting two soon! I am most interested in teaching Food Studies. I don't know when it was when I became interested in learning about food and nutrition. It could've been the first time baking with my aunty or first time making scrambled eggs with my uncle. Aside from the obvious of loving food, I also love going to the gym and snowboarding!

When I was in highschool, I took home economics classes, such as textiles, foods, and culinary arts from grade 8 until graduation. What drew me back to these courses each year wasn't just the delicious food we made, but it was the wonderful teachers who taught these classes. These were the only classes that I actually saw my classmates smiling even after their cookies burned.

My family and my teachers inspired and encouraged me to study food and nutrition. I hope to be able to inspire and spark some interest in my future students about food studies or home economics in general!

Harpreet Vachher

I, Harpreet served as a primary school teacher in India. During my 10 year experience, I over saw classes from grade 1 to 5. In addition to my experience, I have a solid educational foundation and passion for teaching. Before this role of educational mentor, I held a bachelor's degree in education, along with graduation in home science with honors in food and nutrition and a special education assistants diploma. In my spare time I like to read. Home economics gave me a chance to know and understand the thought process of the young minds and also paved the way to play an instrumental role in their lives by inculcating and honing the skills needed for everyday use. While teaching grade 3, I remember facing a situation where my field of study helped me help someone. One of my students, usually a quiet child in class, having tumultuous relationship with her parents, was at the receiving end of everyone because of her unpredicted and stubborn behaviour. It took me a lot of effort and putting my education to use to bring her back to normal and give me satisfaction that everyone craves for in life. I know that no single approach is right for everyone. Home economics helped me frame one for every individual.

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Adeline Wong

Hello future colleagues! My name is Adeline and I'm so excited to be a part of the UBC BEd Home Economics cohort this year. I am a part of the small group of us who are completing a dual degree in our BSc and BEd. Through my experience in my short practicums, I've gotten a glimpse of all that being a Home Ec teacher entails, and I look forward to being able to see my passions of helping others + food to come to life! I am constantly learning and inspired by my peers and colleagues, and am hoping to meet more of all of you along my journey.

Jody Yau

My name is Jody Yau and I have a Bachelor's Degree in Food, Nutrition and Health from UBC. I chose this specialization because I had a great experience in high school with the Home Economics courses I took. I had some wonderful teachers who inspired me to pursue a career in this field. After my degree, I worked in the food industry for several years. I enjoyed my work, but wasn't feeling fulfilled. After some soul-searching and discussion with close family and friends, it became clear that a teaching profession in Home Economics was my vocation and that it was time to actively pursue it. My Home Economics teacher had left a lasting impression on me and we had still been in touch over the years. I reached out to her and she became my mentor, allowing me the opportunity to work with her class for two weeks last fall. Being back in the education atmosphere and working with students reignited the passion I have for Home Economics and teaching and helped reinforce my decision to pursue this profession. I loved being able to work hands-on with the students and took great satisfaction when there were no shouts of pain during the pattern pinning process in the Grade 8 textiles class. One thing that has really resonated with me over the years is how the skills I learned in my Home Economics classes still apply to much of my everyday life and I hope to provide the care, attention and knowledge I gained from my experience to students of my own.

David Thompson wins first again at the Hyatt “Make a Wish” Gingerbread competition!

Lead by Red Seal Baker: Billie Leung
Students: Juliane Jou, Cody Xie, Jamie Lam

Students won a \$500 scholarship and dinner for 10 at the hotel restaurant.



David Thompson is hosting the Regional Skills Cooking Competition Feb. 13/19 with places for 16 competitors



Here are some pics of students and my Red Seal Baker (Billie Leung) for the gingerbread competition:

Cody Xue
Juliane Jou
Jamie Lam



Abby Senior Pro Cook Program Field Trip to Victoria.

In November, after being inspired by the 3 amigos from Maple Ridge and Mike Austin, I and my fellow teacher Bonnie took the pro cook program students to Victoria for 3 days and two nights.

One of the highlights was visiting the very hard working Rowan Bezeau at Royal Bay high school. Who was very welcoming to our class (picture below, I am the short one). Another highlight was seeing Chef Mark Wadsworth (first time in 16 years since Lodge of Kananaskis) from Bear Mountain Resort where he hosted my class, Rowan and Steve Claryk for dinner. It was a great way for my class to meet a hotel chef and find out current trends in the industry.

Mark also told my class that at Bear ,a 3rd cook makes \$19.00 an hour and a demi Chef de partie makes \$55,000. That was a bit of eye opener compared to \$8.50 and \$28,000, 20 years ago. Although the trip was a lot of work to plan, my students enjoyed it and got to meet a lot of Chefs who told them stories of their carriers.

Submitted by Chef Scott Roberts,
Abby Secondary, Abbotsford

Trip Accommodations:

- Chef Dave's Rogers at Songhess Center for tour and bannock making
- Chateau Victoria stay at Finns Seafood Restaurant -some students still ordered chicken fingers :(

Tuesday

- Royal Bay High School
- Walk around inner harbour
- Parliamentary Tour and had lunch a tour of kitchen the parliamentary dining room, and we got see the jail cell in the basement.
- Bear Mountain for a great 3-course dinner

Wednesday

- Royal BC Museum with a focus on food history in BC
- Afternoon tea at the Grand Pacific Hotel
- Ferry back to Abby





**BCCASA 2018 Fall Conference
Kelowna, BC**

Thank you to all for both planning and attending, making for an unforgettable Foodie trip to the Okanagan!

Photos courtesy of Stephen Schram on Flickr



2018 Surrey School District #36 Gingerbread Competition Results

40 students participated in this year's gingerbread competition, with 18 show pieces in total, from 8 schools in 5 school districts:

- Cedar Community Secondary - sd68
- Frank Hurt Secondary - sd36
- Sardis Secondary - sd33
- Thomas Haney - sd42
- McNair Secondary - sd38
- Richmond Secondary - sd38
- Garibaldi Secondary - sd42
- Enver Creek Secondary - sd36

Judges: Chef Terry Larsen, Bob Holmes School Trustee, Neder Dhillon | Director of Instruction

Host: Chef Mike Doyle Enver Creek Secondary

Best Overall Entry – Team #7 – Galaxy Park

McNair Secondary School

- Alison Cheng
- Cheyenne Tu



Best theme throughout – Team #9 - Wonka

Richmond Secondary School

- Courtney Ikuta
- Raymond Li
- Coronado Allysa



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Best use of color – Team #5 - Whoville

Sardis Secondary School

- Danika Dod
- Alayna Heppell
- Chloe Kushnir
- Lynnea Frost



Best table presentation – Team #8 - Train

Richmond Secondary School

- Camille Go
- Jay Chow
- Maryam Watts



Most unique / original idea – Team #10 - Hogwarts

Garibaldi Secondary

- Emma Willems
- Regan Custance



Most Skillful Use of Icing – Team #14 – La Casita Papisita

Garibaldi Secondary

- Alejandra Magdalena Moreno Martinez
- Lucia Wepfer



THE EXECUTIVE

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BCCASA Financial Report

Submitted by Paul Richardson,
Gladstone Secondary

Outside Account: \$7,193.41

BCTF Account: \$18,564.65

Total: \$25,758.06



Instagram



Have something to share? Interested in joining the executive? Let me know!

It is important that we keep BCCASA current; sharing the ideas and voices of our Chef Instructors throughout BC!

Andrea Salzbrenner
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Bouquet Garni Editor