

Membership Update pg. 2
 Lesnes Brain Teaser pg. 3
 BC AITC pgs. 4-6
 Retirees pg. 17
 Gourmet Pro D pgs. 8-11
 Chowder Recap
 pgs. 15-16

Student Profile
 pg. 7



Executive
 Nomination
 Process and
 Constitution
 pgs. 18-21



Fall 2019
 Conference Teaser
 pgs. 12-14



BOUQUET GARNI



President's Message submitted by Trevor Randle, BCCASA President

It is hard to believe that another school year is quickly coming to an end. For me, June is a time for reflection. Did I meet my goals? What worked? What needs to be adjusted? Did I do enough theory? Did I do too much theory? The list goes on and on. This year in particular, I find myself reflecting on all of the past and present Chef Instructors that have been huge role models to me. I am sure each and every one of us could easily put together our own list and I would love to hear who filled these roles for you.

This June we say good luck and farewell to a Chef Instructor who is synonymous with BCCASA and cuisine education, a true inspiration and mentor to myself and countless others. Daniel Lesnes has been a guiding force for BCCASA as well as the advancement of Chef Instructors for decades. Aside from his unparalleled passion for cuisine and education, Daniel was one of the O.C.s (Original Chefs) who had the vision for BCCASA and recognized very early that Culinary Arts is an entity by itself and needed to be recognized as such. I can only imagine the countless hours it must have taken the original group to get a PSA developed and official. Daniel is the person who created and published the Bouquet Garni and our BCCASA logo as well as developed and ran our website for many years. He set the bar for what our publications needed to look like and continues to champion how important proper communication is to our growth. Daniel is also the one who first became involved with the BC Agriculture in the Classroom and set the framework for the relationship that we all enjoy today.



**“Daniel (Lesnes) has
 taught me how to be
 a better educator
 and a chef”**

- Chef Trevor Randle

I feel very fortunate that I was not only able to have an executive position along side Daniel, but I have had the opportunity to work in the same district with Daniel for the past thirteen years.

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During this time, Daniel continued to be the leader of our little pack. Always focused on culinary education with everything that he did. From culinary trips to New York and France, to the SD#42 Chowder Competition, to setting up professional development days that were always incredible. Most of the greatest experiences I have enjoyed would not have been possible without his influence, guidance, mentorship and friendship.

Daniel has taught me how to be a better educator and a chef. He seems to lead effortlessly but it is his leadership by example that truly sets him apart from the rest. Humble, tireless and always ready to open the doors for others to succeed. That is Daniel. He is a true role model for students and educators alike and his legacy will never be forgotten. Thank you Daniel for all that you have done for myself and so many others. We are all better because of who you are and what you have accomplished. Our district and our PSA will not be the same without you. Enjoy your well deserved retirement.

Trevor Randle, BCCASA President

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



Membership Update Spring 2019

Hi members,

With the school year coming to an end...insert "YAY" here, if you are changing positions or you know of someone who is new coming in please let us know so that we can keep you informed and new members.

It is great to be a member of BCCASA to stay informed with what is going on in our industry. There are professional development opportunities, competitions to involve your students in and best of all our yearly October conference. Membership is an opportunity to meet great people that do the same jobs. Most of us are the only people in our schools and in some cases school district that run culinary arts programs so it's good to have opportunity to collaborate with colleagues.

Have a great last few weeks and we look forward to getting to know more of you at future BCCASA events!

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

Lesnes' Brain Teaser #44 SPRING 2019

I am the fruit of a tree belonging to the Laurel Family. Trees that are partially self-pollinating, and are often propagated through grafting to maintain predictable fruit quality and quantity. I am commercially valuable and I am cultivated in tropical and Mediterranean climates throughout the world. In 2017, Mexico produced 34% of the world supply of us. The most productive states are México, Morelos, Nayarit, Puebla, and Michoacan, accounting for 86% of the total.

However, in Michoacán, the cultivation is complicated by the existence drug cartels that extort protection fees from cultivators. They are reported to exact 2000 Mexican pesos per hectare from our farmers and 1 to 3 pesos/kg of harvested fruit.

I have three major family types, small thin skinned, large bumpy skinned, and large leathery skinned. My colour ranges from light green to purplish black. My flesh is a pale yellow-green with a smooth, rich flavour.

Like the banana, I am a climacteric fruit, I do mature on the tree, but ripens off the tree after harvesting, and perform quite well in a paper bag. When cut open, I will discolour rapidly, so use me fast or give me acid to retain my colour (and sanity). There is a myth that burying my one large pit in a dish I'm used in will prevent my colour from turning, but trust me, I need the acid. I have 17 vitamins and minerals. A cup of me pureed contains 1,378 milligrams of potassium and small amounts of sodium. That same cup will zap you with 324 calories, of which 88% are as fat (monounsaturated). I am used in salads, sauces, dips, and occasionally a sauce for agave worms.

WHAT AM I?

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

Submitted by Chef Daniel Lesnes



Sips and Sprouts a Hit with Foodies and Gardeners

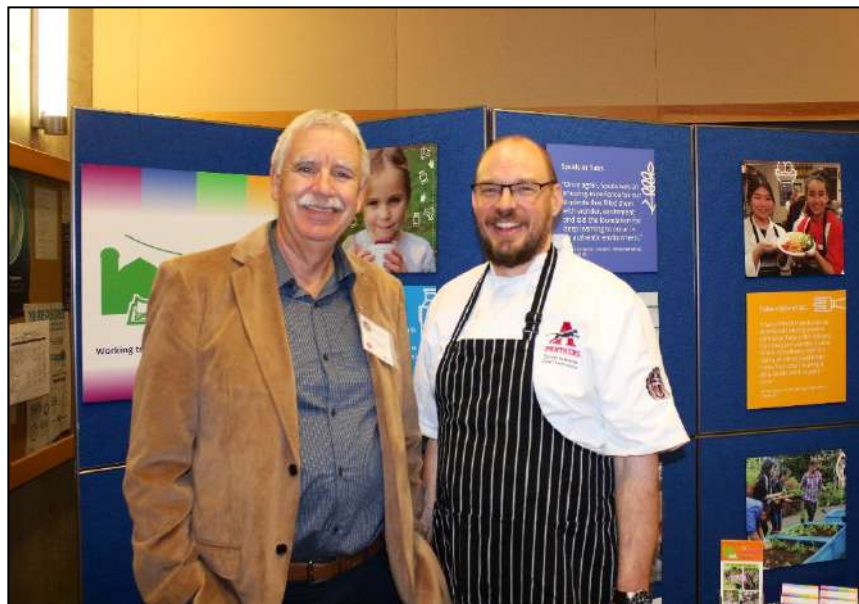
On April 11th, 2019 BC Agriculture in the Classroom held our first ever “friendraiser” event, Sips and Sprouts. We planned this event to be an evening where people could learn about BC’s agriculture and what we, BCAITC does to bring this education to teachers and students on our programs. The sold out event was an ideal evening for both foodies and gardeners: guests were able to sample some delicious appetizers made with local product, learn about some of our partners through presentations and participate in a hands on planter workshop.



Beet & Chocolate Cupcake with Beet Berry Jam and Beet Berry Butter Cream

We partnered with one of our Take a Bite of BC chefs Scott Roberts the Culinary Arts instructor at Abbotsford Senior Secondary to host the event at his school. Chef Roberts and his team of students with help from Chef Trevor Randle worked tirelessly to provide a creative and colourful array of top notch culinary creations. The menu featured a wide variety of appetizers, each showcasing a different BC product. The hit of the night was the Turkey confit spring rolls with sweet cranberries and hoisin mayo, which had a long line of eager guests waiting to sample them. *(continued on page 5)*

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Chef Scott Roberts (right) with School Board Trustee Stan Peterson

During the evening we had three presenters who represented different areas of our programs: Harkers Organics shared their story as farmers in the Okanagan, supplying produce for the Fruit and Veggie Program, our Celebrity Chef Trevor Randle - Culinary Arts instructor at Maple Ridge Secondary and Celebrity Chef of BCAITC, gave a demonstration on pasta making, and Angie Quaale, representing Johnston's and BC Pork - provided samples of pork and insights into the pork industry. In addition to the presentations, we also had two workshops delivered by nursery specialists, Brenda Falk from Tanglebank Gardens and Karine Chartrand from Premier Tech.



Chef Randle and Abby Senior Culinary Arts student demonstrating pasta making
(continued on page 6)

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It was a wonderful night, where people could get together and share activities, food, conversation and learn about our educational programs. We love seeing people come together to learn about BC's agriculture!



Chef Roberts and his team of Culinary Arts students

Many thanks to Chef Roberts and his team for graciously hosting us and providing such delicious appetizers for the event! We are always impressed with how our Take a Bite of BC Chefs rise to the occasion to help us tell the agriculture story - whether that is through teaching or helping us host an event like Sips and Sprouts. Thank you all for another great year on Take a Bite of BC!

Submitted by Emma Sweeney

BC Agriculture in the Classroom Foundation



STUDENT PROFILE

(Submitted by Chef Instructor, Lori Pilling)

I am Anna Titze, 17 years old, born and raised in Germany. This year I entered the Skills Canada Baking Competition and I would like to tell you my story.

I started to bake with my grandma, we bake Christmas cookies every year together. It is always fun, because we share the same passion. I like to learn new techniques, improve my skills and follow my passion.

Being in the kitchen and baking makes me very happy. Baking is very diverse, the learning is endless and you can always explore new tastes.



At the age of 16 I decided to stay in Canada for a year. I am attending the Culinary and Baking Arts Program at Delta Secondary School. Living my passion in school makes me deeply happy.

In February, my teacher Ms. Pilling asked me, if I want to participate in the Provincial Skills Canada competition this year. I agreed and directly started to search for recipes, thought about different ideas and practiced. After weeks, I learned new techniques, to work on my self, to manage time and to be organized. Sometimes I had to handle difficult situations, but I was always able to ask my teacher for help. However the most important thing I retain, is that I had a lot of fun, to do what I like.



The day before the competition Ms. Pilling and I drove to Abbotsford. We went to the Tradex and set everything to be ready, because the next morning the competition started very early. As soon as it was 7.30am all

competitors could start to bake. I was never nervous, always excited to be part of it. During the competition I had no idea what is going on around me, I was just focused on my baking. To multitask, work with time pressure in a different kitchen and presenting nice looking and tasty baked goods, was a challenge to balance.

All in all, everything worked out well except some little mistakes. I presented everything in time, which made me happy. At the end of the day I did the best I could do and was proud of my effort and improvement.

It was a very special experience for me and it reinforced my desire to have a job related to the pastry.

I want to thank Ms. Pilling that she gave me this major opportunity and helped in all the ways she could do.



Wok around China with Chef Cindy Low at the Gourmet Warehouse

submitted by Renee Thomas

The Chefs are gathered around the demonstration “island” in the “freshly” renovated Teaching Kitchen at the Gourmet Warehouse, noting the renovations have made a bigger, brighter space with lots of colorful equipment.

Cindy fired up the “wok” to demonstrate some classic Chinese dishes; techniques brought to us by Chinese immigrants over the past 100 years, their cuisine influenced by the local ingredients available in North America through those times.

The wok is most often used for stir-frying, but can also be used for deep frying, steaming and braising. Woks come in different shapes, sizes and materials, each with its advantages and disadvantages. The traditional Chinese wok was made from cast iron. Cast iron takes longer to heat, it retains its heat, cooks evenly, but it rusts easily and is not recommended for cooking acidic foods or greens. Probably the most recommended wok is made from carbon steel. It is inexpensive, heats up quickly, is durable and is almost a non-stick surface if it is cared for properly. A Teflon wok is ideal for stewing, steaming or boiling, but the non-stick coating will come off into food at high temperatures. Aluminium woks are light and thin, but do not retain heat well and are not as durable as a cast iron wok.



When choosing your wok do you want the traditional round bottom or the flat bottom wok that was introduced for electric stoves and what type of handle? Food burns more readily in a flat bottom wok because the heat is basically distributed throughout the bottom of the pan. The different styles of handles on woks all serve the same purpose. Probably the most convenient handle is a combination of the long stick handle on one side with a loop on the other. The long handle making it easier to toss ingredients.

Historically Chinese cooks used peanut oil for frying, but this has changed in our times due to peanut allergies. Cindy chose corn oil for frying because it has a very high smoke point and is a little more forgiving if it is overheated. Other oils heated above their smoke point tend to smell fishy.



Crab Rangoon, Chinese ravioli, is neither Chinese nor Burmese and was probably invented at Trader Vic's in San Francisco in the late 1950's. For the wrapper Cindy used round Double Happiness Foods “Shanghai Dumpling Wrappers”, made with no egg. They also prepare a square wonton wrapper that contains egg making it yellow; which is thinner and burns more readily making it less suitable for deep frying. The package is a double package, each half contains 35 wraps, the package is easily cut in half and half can be frozen for later use. *(continued on page 9)*

(continued from page 8)

The filling is made with soft cream cheese, drained and flaked imitation crab meat, light soy sauce, green onions, garlic and fresh water chestnuts. When buying fresh water chestnuts squeeze them and squeeze them hard, you want them firm. Place about a teaspoon of filling on the wrapper, being careful not to over fill as it will explode. Moisten the edges of the wrapper, pulling the bottom of the wrapper to the top so it forms a half moon, then squeeze down carefully pushing out all the air. This can also be made like ravioli placing a second wrapper on top of the first, once again making ensuring there is no air pocket.

For this product the wok is being used to deep fry. The chop stick is the Chinese thermometer. Cindy placed the chop stick in the hot oil and when the oil started to bubble around the chop stick it was hot enough. Cindy then tested the oil with one dumpling just to be certain it was hot enough. It must be hot enough to create a golden brown, puffy, crispy dumpling. The cooked dumplings are placed on a wire rack to cool to maintain their crispiness. If the dumpling is over cooked it will taste bitter. Spinach was substituted for the crab meat in the vegetarian version. The spinach had been well squeezed to remove excess water. The plated Crab Rangoon's are served with the trendy ANROYD Chili Sauce for Chicken which has replaced the traditional Chinese Plum Sauce. The delicate and tasted like more!



“healthy vegetarian” version beans were blanched in keep the beans green. She beans in ice water, but rather because she was cooking used in this recipe because on the other hand taste shallots were combined in a Sauce (Lee Kumkee brand), make it Szechuan, is mixed

Cindy prepared for us a of Szechuan beans. The salted boiling water to help did not shock the blanched placed them in a hot wok them right away. Shallots are they add sweetness, onions oniony. The garlic and bowl. The Guilin Style Chili containing all the spices to with water and sugar in a bowl ready to add to the stir fry. The garlic and shallots are placed in the wok under the beans so they cook. Cindy is trying to get the beans to blister or char as they cook. Decide how soft or crisp you want your beans, add the Guilin sauce and serve. When we tasted the Szechuan beans they were sweet in the front of the mouth with punch at the back, our lips were not greasy because the beans were blanched in salted water rather than oil. Szechuan is not a saucy dish.

“The Breath of the Wok” refers to the charred bits resulting from the stir fry which is very difficult to achieve on a domestic stove. A domestic stove is 5,000-10,000 BTU, a commercial stove is 15,000-25,000 BTU and a commercial Chinese wok is around 50,000BTU which is a significant increase in the amount of heat production it can create to create “the breath of the wok” affect. It was suggested stock pot burners with a ring on them would provide the required BTU’s, but they are still not as hot as a commercial Chinese wok. Today Cindy used an induction wok which is thicker, gets hot faster, stays hotter and was able to create the “breath of the wok” on the Szechuan beans. *(continued on page 10)*

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The secret to Garlic Black Bean Sauce is to use a “Chinese Black Bean”. It is a fermented dried bean that feels hard but will squash when pressed between your fingers. To use these beans rinse off the excess salt, mash them, and fry with garlic, soy sauce, and oyster sauce.

The Chef’s big question today “What should we look for when buying soy sauce?” It will depend on the variety and the country of origin. Certain brands have more salt. Today we are using a light Chinese soy sauce as it will not color the meat when marinated. A Chinese dark soy sauce is more caramel in flavor, adding richness and was used to marinate the beef for the broccoli beef chow mein. Chinese soy sauce was traditionally made with 100% soybean, but today it may contain some wheat which is added with soybean and fermented. Sweet soy has the consistency of maple syrup and is molasses like. The Japanese and Korean soy sauce are very similar in style, both are made with an even ratio of soybeans and wheat. Alcohol is added in the fermentation process, resulting in a sweeter, less harsh flavor, and they tend to be clearer and thinner than Chinese Soy sauce. Fish sauce is added to Thai and Cambodian soy sauce. Italian fish sauce is made from anchovies. Hoisin sauce is a condiment made from wheat and soy used mainly in lettuce wraps.

The Chinese secret to marinating meat
For every pound of meat add in this order:
1tablespoon / 15ml of light soy sauce,
1table spoon / 15ml of cornstarch,
1 tablespoon / 15ml of corn oil.

These ingredients cannot be added all at once. The soy sauce is added to season, the corns starch to coat and tenderize, the oil to separate the pieces and keep “everything” inside. The meat can be marinated for 2 hours or overnight. If marinating overnight do not add salt it will remove the moisture from the meat.

In the preparation of the Sweet and Sour Chicken with Pineapple, the chicken does not need to be browned, it was cooked about 90% cooked and finished cooking in the sauce. Once stir fried, to keep the finished sauce clean and with good color the cooked chicken was placed in a bowl of hot water to remove the excess grease and the white albumen that came out of the chicken while cooking. To be super healthy the chicken can be poached in water, but oil does provide more flavor. Rice Vinegar was used because it is milder and less acidic than distilled white vinegar. The sauce was thickened with a corn starch slurry that was added when the sauce was boiling to the desired consistency, stirring constantly to prevent lump formation. The sauce may continue to thicken as it cools. . Sunrise marinated hard tofu was substituted for the chicken for the vegetarian version. *(continued on page 11)*



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Ketchup was an ingredient in the Sweet and Sour Chicken with Pineapple. The chefs questioned how could this be traditional since ketchup was an American invention? Cindy clarified the style is traditional, the Chinese did have tomatoes, but the Chinese immigrants adapted to products available to them in North America. Canned pineapple was used instead of fresh pineapple substituting the pineapple juice for water in the sauce. Many Chinese cooks deep-fry the chicken to make it crispy before adding it to the sauce, poaching the chicken in oil is a healthier version.

The phrase “Taste and adjust seasoning” is found in almost every recipe we use. Cindy asked us to taste and adjust seasoning in the sweet and sour sauce. It lacked salt. When the salt was added it brought out the sour of the vinegar. The chicken was like “butter” in our mouths and so good! To me this is “Chinese comfort food”, something I grew up with cooking in the local Chinese restaurant.

Broccoli with Beef Chow mein. Chow mein noodles symbolize a long life therefore the noodles are never cut and are often served during birthday and New Year Celebrations. Cindy used a two pound package of chow mein noodles made locally at Tak Fung Enterprises LTD, 5829 Victoria Drive Vancouver BC. The noodles are blanched in salted water then rinsed in cool then warm water to remove excess salt. Asian noodles are almost always rinsed whereas Italian noodles are not. If the blanching water turns yellow it indicates the noodles contains egg yolk as an ingredient.

The Top Sirloin beef steak was cut on the bias against the grain to make it look bigger. The beef was marinated like the chicken, but this time Cindy used dark soy sauce not only for flavor but added color. The Chow mein was served restaurant style; the cooked noodles topped with the stir fried broccoli and beef. Sunrise marinated hard tofu and mushrooms were substituted for the beef in the vegetarian version. A few of the chop sticks strayed to their neighbouring plates to taste the vegetarian version. The consensus “This is really good!”

The chefs are stuffed! So much food, but they are ready for the Grande finale Cindy’s Lychee Ice cream. Cindy emphasized fresh Lychees should be really red, if they are brown they are getting old and if they are squishy do not buy them. Cindy used canned lychees to make her ice-cream, the amount of sugar added to the whip cream depends on how sweet the lychees are. If you are using frozen lychees they will require more sugar. The bowls of ice-cream are served, silent yet audible oohs and awes are heard as the flavors and textures of the ice-cream are savored. Exquisite!

A huge thank you to Cindy and her assistant Lily for another “tasty” and very informative Pro-d.



Photos courtesy of
Chef Stephen Schram on
flickr



2019 BCCASA Conference and AGM



**Online Registration
Coming Soon!
www.bccasa.ca**

New and old Traditions in Local Cuisine on the Westshore

October 25th & 26th, 2019

Join us for a culinary filled two days as we explore and learn about a wide variety of local food and fermentation's on offer in Victoria and nearby communities. Sessions will include: Local First Nations traditional foods, Highlights of the Capital Region's sustainable food system and a spectra of fermented and roasted brews.

Come prepared to get your hands dirty on a local farm, spend time in the great outdoors connecting with indigenous food ways, and sipping on some of the finest Island brews around!

Itinerary

Friday October 25, 2019

8:30 am Bus to pick up participants from the hotel to Royal bay Secondary

9:15 am Breakfast and AMG

11:00 am Loughbrunner Community Farm tour

1:00 pm Goldstream Salmon Run with local First Nations Elders and cookout

3:00 pm Tugwell Creek Meadery

4:45 pm Sheringham Distrillery

6:00 pm Songhees Wellness Centre for Indigenous themed Dinner

8:30 pm Bus drop off Back to hotel



Saturday October 26, 2019

9:30 am Bus pick up participants for Discovery Coffee Tour

11:00 am Phillips Brewing- Malting tour

1:00 pm Agrius / Fol Epi Lunch (1:00)- Slow Food, Fol Epi story

3:00 pm Welland heritage Orchard- Life Cycles Apple Pressing

5:00 pm Isl Sauvage - Sour and Saison brewery

6:15 pm Spinnakers Brew Pub for Dinner

8:30 pm Bus to drop off participants at hotel



Registration and Cost

This year, we will be launching our online registration and payment. We will also be introducing early registration savings.

Registration and payment before September 20, 2019 BCCASA Members - \$225.00 Non Members - \$325.00

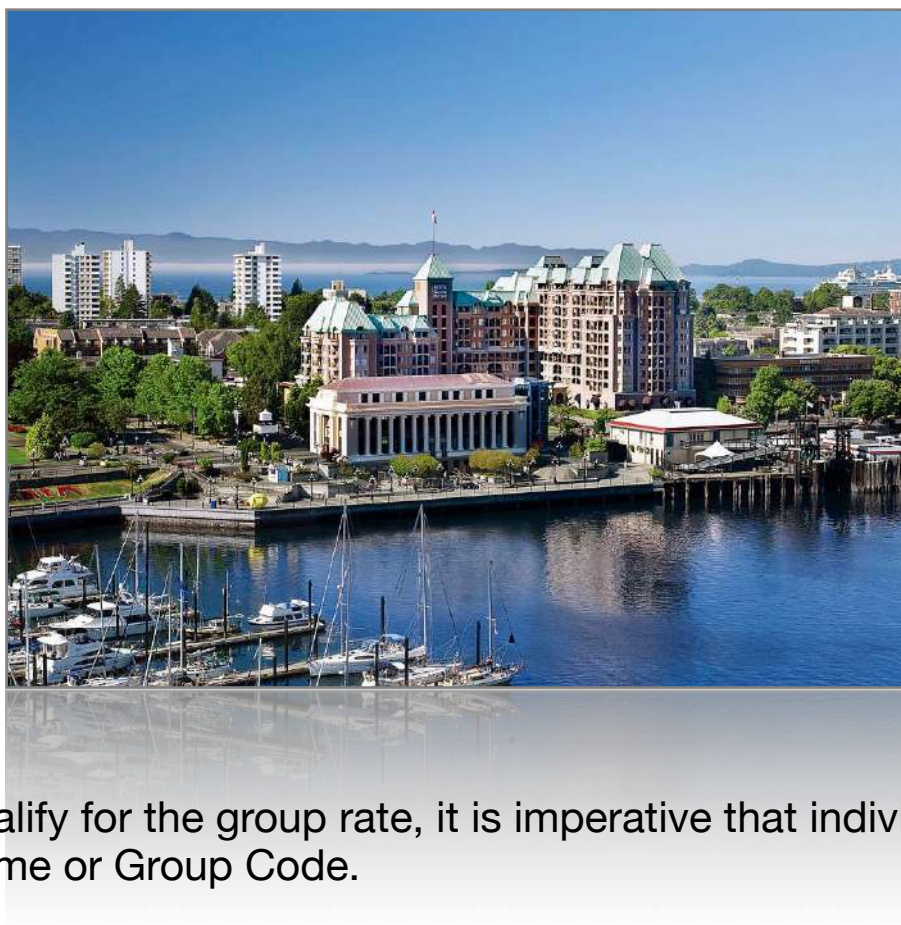
Registration and payment after September 20, 2019 BCCASA members - \$300.00 Non Members - \$350.00

To register and arrange payment, please visit: <https://bccasa.ourconference.ca/>

BCCASA Conference Hotel Information

Hotel Grand Pacific

463 Belleville St, Victoria BC V8V 1X3



In order to qualify for the group rate, it is imperative that individuals indicate the Group Name or Group Code.

**Group Name: BC Culinary Arts Specialist Association BCCASA Group
Code: OCT19BCCASA**

Rate: Standard Room - \$139.00 + taxes Parking \$12.00 per night

To book, call toll free: 1-800-663-7550 or local calls (250) 386-0450

OR

Email: reserve@hotelgrandpacific.com

Chowderfest Recap

(submitted by Chef Brian Smith)

The annual SD#42 Chowder Fest took place May 2nd in the rotunda at Thomas Haney Secondary. 27 teams representing 5 culinary arts programs battled for the Chef Daniel Lesnes Award for Best Chowder. Each year an amazing range of creativity and originality are shown by the student teams and this year was no exception! From kangaroo and duck confit, to mushroom and blueberries, and a wide array of seafood chowders were all prepared to impress the judges and the public spectators. First place went to THSS students Tom Gau and Chaerin Ryu, with their Smokey Pacific Cod Chowder ft. Prawns. 2nd and 3rd place went to teams from THSS and Garibaldi Secondary.



This year saw 2009 chowder participant Kyle Tillotson return 10 years later in his role as a first year culinary arts teacher at Samuel Robertson Technical Secondary. Talk about coming full circle! [#10YearChallenge](#)

Smokey Pacific Cod Chowder *featuring prawns*

300 grams Bacon
1 Onion
1 Fennel
100 grams Flour
300 grams Potato
250 ml. White Wine
2.5 liters Chicken Stock
100 ml. Clam Nectar
4 Diced Tomatoes
1 liter Whipping Cream
200 grams Pacific Cod
200 grams Prawns
Paprika
Fresh Thyme
Fresh Parsley
Liquid Smoke
Salt & Pepper



- Pan-fry cod.
- Cook bacon in a pot over medium heat until crispy. (5 minutes)
- Remove bacon.
- Sauté onions and fennel in the bacon fat until tender. Turn off heat.
- Add flour, chicken stock, clam nectar, and white wine. Turn on heat to medium.
- Add potatoes and tomatoes. Continue cooking until potatoes are soft.
- Add whipping cream.
- Grill Prawns and cut into small pieces.
- Add prawns, cod, and cooked bacon.
- Season with salt, pepper, paprika, fresh thyme, and liquid smoke.
- Enjoy :)

Special BCCASA Retirement Acknowledgements



Congratulations on your well earned retirement Chef Daniel! Thank you for your contribution to BCCASA and our students!

**Chef Daniel Lesnes
AND
Chef Paul Richardson**

A special thank-you and congratulations to Chef Paul Richardson as he will be retiring this June. Paul has been a long time member of the BCCASA executive as treasurer and a BCCASA staple for even longer. He has spent countless hours ensuring that we keep financially up to date and on target year to year. He has also had the task of navigating the ever changing financial guidelines with great success. Good luck Paul and enjoy the greens while we all return to the classroom in September!!!



BCCASA Executive Nomination Process

The BCCASA Constitution outlines the nomination and voting procedures.

The BCCASA Constitution states that the election will be run as part of the BCCASA AGM every odd year.

You may nominate yourself for any position and nominating for multiple positions is allowed. Nominations must be sent to the Secretary by the deadline dates stated below.

However, once elected to a position, you are automatically excluded from election to any others.

If more than one person nominates for the same position (eg: President), both candidates will have the opportunity to speak to the members of the Association present at the AGM for up to 5 minutes. Nominees unable to attend will have the option to provide a written statement to be read by a delegate. A private ballot will then be conducted to determine the elected representative.

There will only be a call for nominations on the day of the AGM if no one has nominated or been nominated for a position.

Any positions left vacant after the AGM will remain vacant until an interested BCCASA member comes forward.

BCCASA Nomination:

What to do to be considered for the BCCASA Executive Committee

Positions available:

President,

1st Vice-President

2nd Vice-President

Treasurer

Secretary

1st Director

2nd Director

Nominees must adhere to the nomination guidelines set in the BCCASA Constitution.

For a complete list and position descriptions, visit the BCCASA website BCCASA.ca or in this edition of the Bouquet Garni.



2019 BCCASA ELECTION TIMETABLE:

Tuesday October 01, 2019: Nominations for positions open.

Friday October 18, 2019: Nominations for positions close.

Wednesday October 22, 2019: Absentee voting closes. See PSA Election Rules for more info on online absentee voting.

Friday October 25, 2019: AGM commences. Nominations will be taken from the floor only if there are no nominees.

Elected representatives will be announced on BCCASA social media after the count has been completed.

BCCASA Executive Roles and Duties

The President shall:

- choose meeting dates, prepare agendas and preside at the AGM and meetings of the Executive Board and Council
- be ex officio, a member of all committees
- represent the BCCASA on PSA Council and to the BCTF
- submit the per capita grant
- authorize expenditure as per approved budget lines and projects
- represent the BCCASA to partner groups
- maintain BCCASA policy
- notify all Executive Board members of meetings
- submit an annual report to the AGM and report to the Council on behalf of the Executive Board
- coordinate special projects

The Past President shall:

- conduct elections
- recommend revisions to the constitution and by-laws
- mentor and assist the President
- maintain PSA website

The Vice President #1 shall:

- in the absence of the President, preside and perform the duties of the President
- liaise with post-secondary institutions
- liaise with members responsible for the annual conference organization
- submit an annual report to the AGM

The Vice President #2 shall:

- acquire and collect submissions for the BCCASA publication Bouquet Garni
- create three (3) newsletters annually for fall, winter and spring editions of the Bouquet Garni
- meet annual deadlines for editing and publishing of the Bouquet Garni set by the Executive
- submit an annual report to the AGM

The Treasurer shall:

- receive and bank all monies and pay bills
- keep bookkeeping records of such funds
- prepare conference budget, finances and report and submit the conference report to the BCTF
- process expense forms

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- coordinate meeting logistics
- suggest guidelines for financial policies and create and review the budget
- prepare a recommendation on fees
- submit a complete financial report to the AGM

The Secretary shall:

- keep and distribute minutes of the meetings to members
- assist with conference organization
- submit all meeting minutes to the BCTF via email to PCAS coordinator

1st Director: Membership

- work cooperatively with the 2nd Director
- contact members for renewal
- Maintain a current list of BCCASA members
- maintain a current email list of BCCASA members
- send out emails on behalf of the Executive
- liaise between membership and Executive
- maintain a current list of Chapters
- do conference registration and BCTF member batch file
- submit an annual report to the AGM

2nd Director: Membership

- work cooperatively with the 1st Director
- contact members for renewal
- Maintain a current list of BCCASA members
- maintain a current email list of BCCASA members
- send out emails on behalf of the Executive
- liaise between membership and Executive
- maintain a current list of Chapters
- do conference registration and BCTF member batch file
- submit an annual report to the AGM

BCCASA Constitution

1. Name

The name of this association shall be the British Columbia Culinary Arts Specialist Association (BCCASA).

2. Purpose of the BCCASA

The objectives of this non-profit provincial specialist association shall be to foster high standards of culinary arts programs in British Columbia schools by:

1. Supporting and communicating with members and subscribers.
2. Improving learning and working conditions.
3. Acting as a hub for ideas, trends and developing shared understandings.
4. Liaising with other associations and federations to pursue common goals.
5. Promoting and advancing the teaching of Culinary Arts in secondary schools throughout British Columbia.
6. Encourage and support students enrolled in the Culinary Arts program to enrol in post secondary culinary education.
7. Maintaining and improving a community network of BCCASA executive and BCCASA members.
8. Communicating with post-secondary facilities that provide both culinary arts and teacher education.
9. Highlighting standards of practice and developing shared understandings.
10. Furnish recommendations and advice to the Executive Committee of the BCTF affecting the teaching of Culinary Arts
11. Advocating through the BCTF, for Ministry of Education support and recognition.

In accordance with 33.06 of the Members' Guide to the BCTF

Base of Operation

Throughout the province of British Columbia, but chiefly through the BCTF office, located in Vancouver.

BCCASA By-Laws

By-Law No. 1 - MEMBERSHIP

1. Membership in the BCCASA shall be open to person holding any form of BCTF membership (e.g. active, associate, student associate, honorary retiree) on payment of appropriate PSA fee.
2. The membership shall be for 12 consecutive list months from the date the application is processed by the BCTF.
 - 2.1. Active and associate members of the BCTF will pay the “Member” fee.
 - 2.2. A reduced membership fee shall be offered to the students in post-secondary programs leading to teacher certification in BC (student associate); teachers who retired from active membership in the BCTF (honorary retirees) and teachers on call (TTOCs).
3. All BCCASA members are eligible to vote and hold office in the BCCASA. Only BCTF members can serve as President or vice president or represent the BCCASA. A retired teacher/honorary –associate member shall be entitled to vote and hold office in the PSA for positions other than president, vice president and representative to an outside agency. An associate member shall be entitled to vote and hold office in the PSA for positions other than president, vice president and representative to an outside agency.
4. A student shall not have the right to vote or hold office in the PSA unless he/she has become an associate member.

By-Law No. 2 - PSA Subscribers

1. An institution or person who does not hold any form of BCTF membership can become a subscriber to the BCCASA on payment of the “Subscriber” fee.
2. The subscription year shall be twelve (12) consecutive months from the date the application is processed by the BCTF.
3. Subscribers are not eligible to vote, hold office or represent the BCCASA.

By-Law No. 3 – Honorary Life Members

- 3.1. Honorary life membership in the BCCASA may be conferred by the Annual General Meeting of the BCCASA.
 - 3.1.2 Honorary-life membership may be conferred by the PSA. An honorary life member's eligibility to vote will depend on the member's current BCTF membership status.
- 3.2 An honorary-life member may be nominated to the Executive for review.
 - 3.2.1. An honorary-life member nominee must have been an active BCCASA member in good standing, held an executive role for at least two terms, contributed in a significant way to the PSA and the teaching of culinary arts in British Columbia.
- 3.3 An honorary-life member may hold office for Executive positions other than President, Vice-president, and representative to an outside agency.
 - 3.1.2 Honorary-life membership may be conferred by the PSA. An honorary life member's eligibility to vote will depend on the member's current BCTF membership status.

By-Law No. 4: - Fees and Financial Records

- 4.1. All annual membership/subscription fees shall be established by resolution at each annual general meeting.
- 4.2 An annual financial statement shall be presented to the membership at the annual general meeting.
- 4.3 Financial records shall be maintained by the BCTF accounting service, which shall provide the required financial statement to the BCCASA executive.

By-Law No. 5: - Executive Committee

- 5.1. The Executive shall consist of the elected officers of the association, and the Past President.

The elected officers shall be:

- President
- Chair Person
- 1st Vice-President
- 2nd Vice President
- Secretary
- Treasurer
- 1st Director
- 2nd Director

- 5.2. The All members of the PSA executive shall be BCTF members.
- 5.3. The majority of the PSA's executive shall be active BCTF members.
- 5.4. The PSA's president, vice president and outside representatives shall be active BCTF members.
- 5.5. Elections will occur at the Annual General Meeting and the term of each officer shall commence on that day and continue for two years.
- 5.6. The election of Officers shall take place at the Annual General Meeting every odd year starting with 1999.
- 5.7. Whenever a vacancy occurs between election dates for any Executive position, the Executive shall appoint a member to fill the un-expired term of office.
- 5.8. Members may vote by proxy if they are unable to attend. Such proxy must be filed with the secretary before the meeting opens.
- 5.9 All Executive nominees shall have a minimum of two (2) years teaching experience.

By-Law No. 7 – Representation outside of the BCTF

- 7.1 As a recognized provincial specialist association, this association shall conform to the constitution and by-laws and to the policies of the BCTF.
- 7.2 Representation shall not be made by the association to any authority or agency outside the BCTF on any matter that is properly the concern of the BCTF without due consent.

By-Law No. 8 - Meetings

- 8.1 The annual general meeting of BCCASA shall be held at a time and place to be designated by the Executive.
- 8.2 All BCCASA members are to be notified two weeks in advance of the annual general meeting.
- 8.3 All BCCASA meetings will be governed by the “Simplified Rules of Order” generally in use by the BCTF (BCTF Membership Guide).
- 8.4 Reference will be made to the latest version available of “Robert’s Rules of Order” in the event that the “Simplified Rules of Order” fail to offer a solution.
- 8.5 The business of the annual general meeting shall include:
 - Receipt of reports
 - Receipt of financial statements
 - Nomination and election of officers every second odd year starting with 1999.
 - Such other business as may properly be brought before the annual general meeting.
- 8.6 Other general meetings of BCCASA may be held from time to time as offered by the Executive.

By-Law No. 9 - Voting

- 9.1 All BCCASA members have a right to vote. Subscribers to the BCCASA do not have voting rights.
- 9.2 Voting shall be by a show of hands except when a ballot is demanded by one third of the members present. Election of Executive members shall be by secret ballot.

- 9.3 The quorum at the annual general meeting shall consist of one more than fifteen (15) percent of the voting membership of the BCCASA
- 9.4 The quorum for an executive meeting shall consist of a minimum of 3 elected officers.

By-Law No. 10 – Examination of Records

- 10.1 Upon written request to the president of BCCASA, any PSA member may examine the records of the PSA.
- 10.2 Regular inspection and auditing of the financial records of the PSA shall be done as a regular part of the annual audit of the BCTF.

By-Law No. 11 – Constitution and By-Laws and Amendments

- 11.1 The constitution and by-laws may be amended only at an annual general meeting or a special general meeting by special resolution by a three-quarter majority vote of the members present, provided that the notice of resolution to change the constitution shall have been given fourteen (14) days prior to the first session of that meeting.
- 11.2 The constitution and by-laws of BCCASA shall not be construed or applied in a manner contrary to the provisions of the BCTF.

By-Law No. 12 – Filing

- 12.1 A copy of the constitution and by-laws of the BCCASA shall be filed in the BCTF office.

By-Law No. 13 – Chapters

- 13.1 The purpose of a chapter is to promote effective culinary arts programs within the district(s).
- 13.2 BCCASA members from one or more school districts may apply to the Executive Council for recognition as a chapter of the BCCASA.
- 13.3 There shall be no more than one (1) chapter of the BCCASA in a school district.

- 13.4. Copies of the chapter constitution, by-laws and subsequent amendments, shall be filed and approved by the BCCASA Executive.
- 13.5. A chapter shall have a President and a Treasurer.
- 13.6. Only BCCASA members shall have the right to vote or hold office in a chapter and:
- The President and Vice Presidents shall be active BCTF members.
 - The majority of the chapter's executive shall be active BCTF members.
 - Representation of the chapter to outside authorities and agencies shall be by active BCTF members.
- 13.7. The chapter may invite subscribers and associated professionals to attend chapter meetings within BCTF policy.
- 13.8. No chapter shall incur expense on behalf of the BCCASA nor shall any chapter commit the BCCASA to any declaration except as authorized by the BCCASA executive.
- 13.9. Any chapter may submit a notice of withdrawal from chapter status to the BCCASA following a majority vote of the chapter membership.
- 13.10. A chapter may be dissolved by the Executive after due notice if it becomes inactive or fails to comply with the provisions of the BCCASA by-laws.

Revisions

October, 1999 by Susan Leswal, Past President

October 2012 by Eric MacNeill, Past President

THE EXECUTIVE

President: Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary,

Maple Ridge (604) 463-4175

1st Vice President: Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary,

Delta (604) 946-4194

2nd Vice President: Andrea Salzbrenner

andrea.salzbrenner@sd6.bc.ca

David Thompson Secondary,

Invermere (250) 342-9213

Treasurer: Paul Richardson

prichardso@vsb.bc.ca

Gladstone Secondary,

Vancouver (604) 713-8288

Secretary: Barbara Botter

botter_b@surreyschools.ca

L.A. Matheson Secondary

Surrey (604) 588-3418

1st Director: Donna Frost

donna_frost@sd33.bc.ca

Sardis Secondary,

Chilliwack (604) 858-9424

2nd Director: Scott Roberts

Scott.Roberts@abbyschools.ca

Abbotsford Senior Secondary,

Abbotsford (604) 853-3367

BCCASA Financial Report

Submitted by Paul Richardson,
Gladstone Secondary

Outside Account: \$6,078.58

BCTF Account: \$24,967.83

Total: \$31,046.41



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TWITTER

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
andrea.salzbrenner@sd6.bc.ca

Bouquet Garni Editor