

THE BOUQUET GARNI

NEWSLETTER OF THE BRITISH COLUMBIA CULINARY ARTS SPECIALIST ASSOCIATION



President's Message



Without a doubt, I have felt as though this has been the toughest start-up of my career. Coming off a highly modified school year and back into a full throttle system that we have not experienced in over 18 months has been a challenge. I know how many of you have spent long hours in your classrooms at night, early morning and on weekends. All in the spirit of continuing with a successful culinary arts program. I hope by now you all know how resilient and amazing I feel every BCCASA member is and this resilience and perseverance while put to the test, has once again paid off.

Judging by the social media posts, phone calls and emails, it looks as though BC's teaching kitchens will be just fine thanks to you. Also picking up momentum is the BCCASA PSA itself. We will be experiencing new goals, new inspirations and yet another conference already on the horizon.

For the first time ever, this year's virtual BCCASA conference will have nothing to do with cooking, but all about self-care and personal health. We will also have as much time as needed at the end of the conference to have an open discussion or just catch up with one another. My hope is no doubt like yours hoping that the 2022 conference will allow us to go back to in person get togethers. For me, our regular conferences are always inspiring and fulfilling. With that said, I hope you will still join us as we have some incredible speakers and a very important AGM that will end with elections for the next BCCASA Executive.

I would like to take this moment to thank all the BCCASA Executive members who have worked tirelessly over the past two years. Much of what the executive do is very much behind the scenes but no less important. Donna and Scott tirelessly organizing our ever-changing membership information, Barb navigating always evolving accounting regulations, Meghan keeping us all organized and Brian as the Chair of the Board who offers advice and constant calming guidance as well as being our webmaster. A little more forward, I would like to also thank Stephen for the unbelievable Bouquet Garni publications and Lori for the consistent high-level conferences. Without this team, I am not sure where our PSA would be today.

I am very proud and thrilled to announce that every Executive member has agreed to run again for this October's election, but if there is anyone who would like to put their name forward for nomination, please see the nomination procedure later in this edition and on line at BCCASA.ca.

Thank you for all that you do for our culinary profession, and I look forward to seeing everyone (virtually) on October 22 at 9:00am.

Trevor Randle

BCCASA Executive Nomination Procedures

Although all current BCCASA Executive members have agreed to run again and hold their current positions for another two-year term, it is important for every BCCASA member to understand that we are guided by our Constitution. This states that we must dissolve the Executive every two years and elect a new one. This means that every position will be made available for any member to nominate themselves. If we have more than one person come forward for an Executive position, we will hold an anonymous, online vote to elect the member to office. To make this possible, we must have all nominations no later than October 18th at 9:00am. **We will not accept any nominations after this time.**

If you would like to nominate yourself for an Executive position, please email your interest to Meghan Deghan at dehghan_m@surreyschools.ca

From Donna Frost & Scott Roberts:

Please remember to let us know if you have moved so we can update your information on our membership list and keep you in the loop. Most of the time your work email is what is needed for communication.

If you are not registering for the October conference, please remember to renew your BCCASA membership on the BCTF website.

Thanks,
Donna & Scott
<http://bccasa.ca/>

Online Conference 2021



BCCASA 2021 Conference and AGM

Care, Health and Exercise Foundations

Teachers everywhere have been through a lot over the past 18 months. As educators, you work tirelessly to ensure that your students receive an holistic education. More often than not, educators don't take much time to focus on personal care. On October 22, 2021, we are very fortunate to have a collection of presenters available to share their expertise in the areas of mental and physical self care. Joining us will be renowned doctor of sports medicine, Dr. Jack Taunton. A leader of physical therapy and owner of Sungod Sports + Orthopaedic Physiotherapy Clinics, Travis Wolsey. Finally, we will be treated to a centring interactive Yoga demonstration from an Oxygen Yoga instructor Sonja Holgersen.

For registration, schedule and detailed bios please visit our website: www.bccasa.ca. Registration cost of \$40 will include BCCASA membership.

Online Conference 2021



2021 Conference and AGM Schedule

9:00 am

AGM

1. Acknowledgments
2. Welcome Guests and Housekeeping
3. Future of BCCASA - Trevor
4. Message from the Editor - Stephen
5. Membership Update - Donna/Scott
6. Treasurer Update - Barb
7. 2022 Conference - Lori
8. Elections

10:00 am

Presenter #1 - Dr. Jack Taunton - Health and Wellness on the Other Side of COVID-19

One of North America's leading sports medicine doctors, UBC alumnus and Professor Emeritus for the Faculty of Medicine, Division of Sports Medicine, Jack Taunton played a critical role in the Vancouver 2010 Olympics as Chief Medical Officer. During the games, he supervised the training of over 2,700 volunteers, organized medical stations at event venues, and managed doping control programs.

The role is one in a string of essential and impactful Olympic and Paralympic roles Taunton has held throughout his career. He also worked at the Los Angeles 1984, Seoul 1988, Barcelona 1992 and Sydney 2000 Olympics prior to Vancouver 2010.

Beyond the Olympic Games, Taunton has played, and continues to play, a pivotal role in the running community here in BC, as he established the BMO Marathon and what was originally the Lions Gate Eight — now the Vancouver Sun Run — alongside his wife Cheryl, and Doug and Diane Clement.

Taunton established Vancouver's first sports medicine clinic with Doug Clement and Don McKenzie in 1979, the beginnings of the Allan McGavin Sports Medicine Centre at UBC; he was the Centre's director for over 25 years. In recent years, he helped raise \$2.5M to establish the School of Kinesiology's Chan Gunn Pavilion, home of the Allan McGavin Clinic today.

Taunton is at the forefront of sports medicine in Canada, and has played an important role in the lives of athletes from field hockey to basketball and everything in between—including the lives of those who participated in the 2010 Vancouver Olympics.

11:00am

Presenter #2 - Travis Wolsey - Proactive Physical Wellness

A Physical Therapist with over 18 years of experience working in private practice and public health care. Since 2002, he has owned and directed Sungod Sports + Orthopaedic Physiotherapy Clinics which have grown to 4 locations in Delta/Surrey area of BC. He has developed a reputation in providing elite care to professional/olympic athletes, recreationalists and everyday people.

Wolsey, a UBC graduate and former football standout, put his Human Kinetics and Physical Therapy degrees, along with various diplomas, to work when he launched Sungod Sports Orthopaedic and Physiotherapy Clinics.

The South Delta Secondary graduate is also clinical instructor with CPA's orthopaedic division and has had speaking engagements with PABC, Sport Physio BC, Allan McGavin Sports Medicine Conference and BC Podiatry Association.

Wolsey was selected to be a part of the host medical team for the Ice Hockey venue at the 2010 Olympics and 2006 World Junior Hockey Championships in Vancouver. He has been the team physiotherapy consultant with the Western Hockey League's Vancouver Giants hockey team since 2005 and has enjoyed helping junior players progress into pro hockey careers.

In 2018, he was asked to be part of a Canadian entourage that visited Uganda to access athletes and educate national team staff.

12:00 pm

Presenter #3 - Sonja Holgersen - Synergy of Mind and Body

A 200-hour yoga and fitness instructor since 2017. Her passion for yoga & fitness derives from her many years of competitive dance throughout high school. After 3 years of studying acting at Capilano University, she was so excited to take Naked Truth Yoga's 200-hour training. Since graduating her training, she has taught a large variety of weekly classes at her local Oxygen Yoga & Fitness Studios. Through the years, she went full time into Oxygen and became the manager of the Maple Ridge and Port Moody locations. She strives with their mantra "I Love My Life", as she knows there's always something to be grateful for.

To register, click the link below: <https://bccasa.ourconference.ca/index.php>

Member Price (Including Membership): \$40.00

Non-Member Price: \$200.00

Hope to see you there!



Do You Even GRAM?

Instagram isn't just for the kids we teach; it can be a powerful tool for chef teachers to communicate, promote, and create a buzz about our classrooms and the food that our students create. If you don't have an account, setting up one is easy, and if you do Catering and Baking teacher in Burnaby BC, check out these inspiring teachers!

@carihicafeteria

Straight outta Campbell River! Chef Jessica Mann (& former BCCASA Executive) at Carihi Secondary highlights fresh local Island products & produce, her awesome community garden as well as the café's weekly specials.



@fleetwoodculinary

*Culinary Arts In a Secondary School,
2 Red Seal Chefs with over 60 years
experience 🍳👨🍳*

Nothing cool in Surrey you say? Not true say Chef Shon De Vet, & Chef Liz Barbosa at Fleetwood Secondary. Take a scroll through last years pics to watch their pivot from daily lunch service to pre-order takeout. Super creative!



@bbymountainfoods

*Catering and Baking teacher in
Burnaby BC*

Deborah Siverson takes her students on a food and cooking journey in both the classroom and around the Lower Mainland. Bonus points if you find a picture of her pup. (it's not that hard really) Check out the linked weebly if you really want to get impressed.





Our FINANCIAL REPORT for your consideration

6/15/2021

2:28:20 PM

BCTF
Program Expense Report
For The Month Ending May 31,2021

		MTD Actual	YTD Total	2019-20 Budget	% Used
Y750	BC Culinary Arts Specialist Association				
903000	PSA Conference surplus - outside	-	(2,667.70)	(2,600)	103%
904000	PSA Revenues				
9930	Membership/Subscription Fees	-	(2,772.00)	(3,300)	84%
9931	Grant from BCTF	-	(6,000.00)	(6,000)	100%
9934	Interest	(34.45)	(290.10)	-	-
9939	Other Income	-	-	-	-
905000	PSA Professional Learning/Conference				
9940	Fees	-	(59.00)	-	-
9941	Grants	-	(2,500.00)	(2,500)	100%
906000	PSA Meetings				
9950	Executive PSA	-	807.50	3,000	27%
9954	Annual General Meeting	-	-	1,000	0%
907000	PSA Publications				
9960	Journal	-	65.08	-	-
9961	Newsletter	-	-	3,000	0%
9969	Equipment	-	-	1,800	0%
908000	PSA Expenses				
		Actual	Total	Budget	Used
Y750	BC Culinary Arts Specialist Association				
9970	Operating Expenses	-	111.98	4,300	3%
9971	Furniture / Equipment purchase	-	71.53	2,000	4%
9972	Chapter Support	-	-	500	0%
9974	Curriculum development	-	150.00	10,000	2%
9976	Complimentary Memberships	-	-	200	0%
9979	Miscellaneous Expenses	200.00	480.39	-	-
909000	PSA Conference				
9980	Conference Operating	-	5,008.74	7,000	72%
9988	Speakers	-	447.50	-	-
	Total for Program Y750	165.55	(7,146.08)	18,400	-
901000	Beginning PSA Surplus				
9921	PSA Income Surplus	-	(20,791.40)	(18,400)	113%
	YTD PSA Surplus		(7,146.08)		
	Ending PSA Surplus		(27,937.48)		

Spotlight on Blueberries



BCAITC Spotlight Series Showcases Blueberries from Farm to Table

BC Agriculture in the Classroom Foundation (BCAITC) is proud to introduce a new agriculture education resource – the Spotlight Series on Blueberries!

<https://www.bcaitc.ca/blog/spotlight-series-blueberries>

This multi-faceted toolkit provides a selection of intermediate/secondary level blueberry farm-to-table educational resources that can be downloaded at www.bcaitc.ca. The launch of this toolkit coincides with the Take a Bite of BC delivery of blueberries (and other BC grown ingredients) into 59 BC schools with Culinary Arts programs this month.



The provision of blueberries to the Take a Bite of BC classrooms this October is thanks to the generous donation from silvervalleyfarms.ca one of North America's largest blueberry growers, buyers, and distributors. The toolkit includes the following resources:

- **Video:** Students can learn about blueberry farming in a 10-minute educational video featuring the passionate team at Silver Valley Farms.
- **Activity:** The curriculum linked 'A Race Around the Blueberry Bush Game' and corresponding lesson plan teach students more about the blueberry farm story.
 - **Recipes:** Students can practise their culinary skills while making delicious blueberry recipes created by BCAITC's Chef Trevor Randle such as Baked Lemon Pudding with BC Blueberry Compote, BC Blueberry Strudel, and BC Berry Crepes with Vanilla Cream.
 - **Grow BC:** Students can explore Grow BC, an interactive GIS map and story resource, to learn about BC blueberries. This resource provides straightforward integration into class curriculum.



Maple Ridge Secondary Chef Instructor and BCAITC Chef Trevor Randle said, "I'm looking forward to using the Spotlight Series to teach Culinary Arts students at Maple Ridge Secondary about blueberries." Randle continued, "I'm also excited to present the Spotlight Series to Culinary Instructors at the

upcoming Culinary Art Specialist Association Pro-D Day Conference on October 22. This will allow teachers to learn about these resources and how to incorporate them into their day-to-day instruction."

NOTES FROM THE BACK OF HOUSE

...great thoughts on what we do

B.C. restaurateurs tap new strategies to solve staffing shortages

Oct 5, 2021

By: Glen Korstrom

Access at Business in Vancouver

<https://biv.com/article/2021/10/restaurateurs-tap-new-strategies-solve-staffing-shortages>

Restaurant owners seeking sufficient staff to keep dining rooms open have a few options: buy cutting-edge technology, hire people who may be overlooked but who want jobs or pursue a mix of both.

The Happy Lamb Hot Pot restaurant chain that has four Metro Vancouver locations was the first in the province in mid-2021 to start using GreenCo Group robots to conduct repetitive tasks, such as moving food from kitchens to diners, GreenCo owner Liang Yu told BIV.

Yu's Edmonton-based company, which distributes robots made by Chinese manufacturers, has since supplied robots to bistros such

as Nanaimo's Driftwood Restaurant and Victoria's Mantra Indian Cuisine.

Contracts vary. GreenCo sell robots for between \$20,000 and \$30,000, leases them to own on a three-year basis for about \$1,000 per month, and rents them for about \$1,700 to \$1,900 per month.

Industry insiders might be quick to say that diners prefer human interaction, and that the novelty of a robot delivering a meal would wear off quickly. Yu, however, said that restaurants can also hire human servers to engage with customers, and that those workers would save time by not having to carry out the time-consuming back-and-forth between the kitchen and customer tables.

Human staff would also have time to wait on more tables, thereby increasing their tips.

Industry advocates, such as the British Columbia Restaurant & Foodservices Association, are lobbying to have the federal government process foreign-worker visas more speedily.

One alternative source of workers is Dan's Legacy, which teaches culinary skills to at-risk youth, and those previously having lived on the streets, struggling with addictions.

Dan's Legacy launched in February, and has had a series of 12-week training programs, where students spend 20 hours per week in classrooms and kitchens, learning cooking skills while also watching videos from celebrity chefs, such as Gordon Ramsay.

"The program provided such good practice," said recent graduate Jasper Nelson-Joseph.

"We prepped for the Union Gospel Mission (UGM), and we prepped for ourselves. At the UGM we made all of their hash browns, and all the meat, all of the meals that all the homeless people get to eat every day."

Nelson-Joseph, who is 21 and Indigenous, grew up in East Vancouver with extended family and his grandmother but left home when he was 14 years old, he said.

Nelson-Joseph moved to the hamlet of Quatsino, on Vancouver Island, for a couple of years.

He made it to Grade 12, but did not graduate, he said, because he struggled with alcohol and had to take some time off to deal with his grandfather's death.

Newly hired at the Mongo Bongo Mongolian Grill in New Westminster, Nelson-Joseph appreciates being able to work in the industry and provide for his young son. His favourite part of the job is preparing stir-fry meals in front of customers on large hot plates, he said.

"Jasper has been on time, or showed up for work the majority of the time, and I'm very pleased that there's growth every day, which is all I can ask," said Mongo Bongo Mongolian Grill owner Peter Fung, who learned about Dan's Legacy from a customer.

"He does cooking, prepping, dishes, some cleaning, sweeping, mopping – you name it. We're short staffed."

Struggles finding staff mean that Fung closes his 11-year-old, six-employee restaurant on Mondays. Fung works long hours six days per week but would operate seven days per week if he were able to find more staff.

Fung said he thinks the Canada Recovery Benefit, aimed at providing financial support to workers sidelined because of the pandemic, has added to the challenges in finding labour.

"I have seen more resumés coming in, but it is not at the pace that it used to be, when I would place an ad seeking help. It's not even close."

Two of five recent Dan's Legacy graduates have found jobs at restaurants; two others plan to take formal culinary education.

Six students are enrolled in the current group and are expected to complete the program on Dec. 10..

THE EXECUTIVE

President

Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary / 604.463.4175

1st Vice President

Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary / 604.946.4194

2nd Vice President

Stephen Schram

stephen.schram@burnabyschools.ca

Burnaby Central Secondary / 604.296.6850

Treasurer

Barbara Botter

barbara.botter@sd68.bc.ca

Cedar Community Secondary / 250.722.2414

Secretary

Meghan Dehghan

dehghan_m@surreyschools.ca

Frank Hurt Secondary / 604.590.1311

Director

Donna Frost

donna_frost@sd33.bc.ca

Sardis Secondary / 604.858.9424

2nd Director

Scott Roberts

Scott.Roberts@abbyschools.ca

Abbotsford Senior Secondary / 604.853.3367

Chairman of the Board

Brian Smith

Brian_Smith@sd42.ca

Thomas Haney Secondary / 604.463.2001

**Have something to share?
Response to an article?
Recipes?
Wanna join the Executive?**

LET US KNOW!

Please send any
communication to
BCCulinaryArtsSpecialists@gmail.com

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