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AUTUMN CON. RECAP
WHAT'S GOING ON
TRESURER'S REPORT
AI IS MY CO-AUTHOR
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THE BOUQUET GARNI

Newsletter of the British Columbia Culinary Arts Specialist Association

President's Message



Happy New Year, everyone!

I have a feeling this year is going to be a pretty spectacular one. I hope you've all returned to your classrooms rested, recharged, and ready for the steady push toward spring.

I want to kick things off by sending a huge thank-you to Barb Botter for hosting such a successful and educational BCCASA Conference and AGM.

Nanaimo was truly one for the books. Every time I leave a BCCASA event, I walk away inspired and full—this year was no different.

There were so many highlights, but for me, the real magic always happens in the moments between the scheduled sessions. The structured tours and lessons are essential, of course, but it's the casual, unplanned conversations—on the bus, over lunch, or during those impromptu catch-ups—that often have the deepest impact on our professional growth. This conference proved that once again. Whether it was talking about the shifting landscape of post-secondary culinary education or sharing insights from the AGM presentation on food security and Feeding Futures funding, these conversations sparked ideas, concerns, and opportunities for collaboration.

A couple of these discussions have already led to the creation of BCCASA subcommittees, giving members a chance to lend their voice on two important topics: the upcoming "fast track" post-secondary changes and the work around food security initiatives. If either of these areas speaks to

you, I'd love to see you involved. Just send me an email—your perspective matters, and the more voices we have at the table, the stronger our collective impact will be.

There are plenty more BCCASA-hosted opportunities coming your way, one you will be able to read about in this edition of the Bouquet Garni, I hope you'll join your colleagues at one—or all—of them. As always... stay tuned for more BCCASA news as the weeks progress.

Trevor

Editor's note:

Hey all,

It's been a busy few months since we last saw each other. Hot off the press is the latest issue of *The BG*, which includes a recap of our awesome conference in Nanaimo (thanks, Barb and Lori!). Every time we visit one of BC's smaller communities, I'm always surprised by how many cool and unique local businesses and producers there are—truly inspiring.

If you'd like to see more highlights from our fabulous weekend, check out this Google Photos link:
<https://photos.app.goo.gl/jtKWjhriJ4TV9obo8>

Coming down the pipe, we have our 3rd Milkcrate Social Night at Mariner Brewing in Coquitlam on Friday, March 6th—hope to see you there! Also, while we're still in the very early planning stages, get ready for our next conference, hosted by yours truly and Dave Johnson, as we explore Burnaby and New Westminster. I'm really looking forward to being involved in the planning phase for one of my favourite weekends of the year.

Lastly, Brent and newly elected, Karen will be continuing the important work of updating our ever-evolving list of teaching kitchens and teaching chefs around the province. If you know of any changes at your school or within your district, please don't hesitate to reach out. Keeping this list current is fundamental to the health and vitality of our PSA.

Bye for now—and keep those ideas and submissions coming in!

Your friendly neighbourhood editor,
Stephen Schram

Autumn Conference Recap



Collaboration, Community, and Culinary Inspiration on Vancouver Island



This past fall, culinary arts educators from across British Columbia gathered on beautiful Vancouver Island for the British Columbia Culinary Arts Specialists Association Annual General Meeting and Conference, held on Friday, October 24, in seaside Nanaimo, BC. Against a backdrop of crisp autumn air, coastal forests, and vibrant local food culture, chef instructors came together for a weekend focused on professional learning, collaboration, and connection.

The conference offered a rich blend of association business, inspiring keynote speakers, post-secondary program tours, and hands-on experiences with local producers. It was a timely reminder of the strength of our collective and the impact culinary educators have in shaping the future of food in British Columbia.

Friday: Association Business and Big Ideas

The day began with a breakfast and AGM at Cedar Community Secondary School, where members had the opportunity to reconnect and reflect on the work of the past year. The conference officially opened with BCCASA President Trevor Randle welcoming members and providing an overview of the association's accomplishments, challenges, and direction moving forward.



Members voted in a new council to guide the association for the coming year:

- Trevor Randle, President
- Lori Pilling, 1st Vice President
- Stephen Schram, 2nd Vice President
- Barbara Botter, Treasurer
- Meghan Dehghan, Secretary

- Brent McGimpsey, 1st Director
- Karen Carruthers, 2nd Director (newly elected)

The newly elected council reflects a strong mix of experience, leadership, and regional representation, reinforcing BCCASA's commitment to supporting culinary educators across the province.

Afterwards, attendees were treated to a dynamic keynote speaker series highlighting mentorship, student opportunity, and industry collaboration.

Lesley Stav from *Les Dames d'Escoffier* spoke passionately about the power of mentorship and the organization's mission to support women in food, beverage, and hospitality. Her presentation emphasized how mentorship — both formal and informal — plays a crucial role in developing confident, skilled culinary professionals.



Corey Pelan, representing the *Chef's Table Society*, shared insights into their well-known Chef's Table Internship Program, including the January intake, the John Bishop Scholarship, Cook's Camp, and opportunities for classroom field trips to the CTS office. These programs provide invaluable bridges between education and industry, offering students



real-world exposure to professional kitchens and leadership.

Matin Barnett from the *Baking Association of Canada* brought a grain-to-table perspective, highlighting Red Fife wheat, its historical significance in Canada, and its resurgence in artisan baking. He also shared opportunities for bakery tours and baker guest talks, giving educators tangible ways to bring grain education and baking careers into their classrooms.

Rounding out the session, Jonathan Franze from the *North Vancouver Island Culinary Association* spoke about the importance of food competitions and mentorship, emphasizing how structured challenges can motivate students, build confidence, and foster strong professional relationships.

Participants boarded a bus to Vancouver Island University, a cornerstone of culinary and baking education on the Island.

At noon, members enjoyed a delicious lunch in the Arbutus Room, thoughtfully prepared and served by VIU Culinary students — a highlight that demonstrated both skill and professionalism.

The keynote address at VIU featured Chef Buddy Wolfe, Program Director at VIU, BC Chefs Association Education Director, and a respected leader in culinary education. Buddy's presentation explored the state of culinary and baking programs across BC, touching on themes that resonated deeply with attendees:



- Sustainability of staff in culinary education
- Building healthy workplace culture

- Prioritizing work–life balance
- Strengthening mentorship pathways
- Building community through professional associations

His message reinforced the idea that sustainable culinary education depends not only on technical skills, but on people, culture, and connection.

Following this, attendees toured VIU’s Culinary and Baking programs, guided by Aron Weber, Chair and Instructor of Baking and Pastry. Aron spoke about curriculum development, student trips, and the evolution of baking education, while showcasing modern teaching kitchens and classrooms that support contemporary culinary instruction.

The afternoon continued with an in-depth tour of campus facilities, where participants observed culinary and baking lessons in action and discussed modern approaches to teaching culinary arts to youth, before returning to the hotel for a brief rest.



Saturday: From Garden to Dairy — Learning from Local Producers

Saturday’s programming shifted focus to local food systems and sustainability, with participants splitting into two groups for alternating tours.



One group visited Milner Gardens, VIU’s stunning garden site, where farming, local growing practices, and responsible procurement were on highlight and observation. The gardens provided a living classroom, highlighting the importance of seasonal, locally grown ingredients in culinary education.



The group reconvened for dinner at Mélange Restaurant, enjoying a three-course menu of elevated pub-style cuisine. The relaxed evening provided space for informal conversation, idea-sharing, and strengthening professional relationships — a reminder that some of the most valuable conference moments happen around the table.

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The second group toured Little Qualicum Cheeseworks, hosted by owners Chelsea Enns and Albert Gorter. Originally from Manitoba, the couple

purchased the farm in 2021, bringing with them a deep connection to dairy farming and a passion for sustainable cheese making. Participants learned about the history of cheese in British Columbia, modern artisanal production methods, and were provided with resources and lesson ideas for introducing cheese making into classroom settings.



the iconic Goats on the Roof market before switching tours in the afternoon.



At midday, the full group gathered for lunch at Cuckoo Trattoria and Pizzeria, enjoying a welcoming Italian meal featuring pizza, fresh pasta, salads, and focaccia. After lunch, attendees had time to explore

The 2025 BCCASA AGM & Conference was a celebration of passionate educators, dedicated producers, and the rich food culture of Vancouver Island. From post-secondary innovation to local farms and artisan producers, the weekend highlighted how deeply connected culinary education is to community, sustainability, and place.

Surrounded by the natural beauty of Vancouver Island and inspired by the people who grow, make, teach, and mentor, participants left Nanaimo energized and reaffirmed in their commitment to shaping the next generation of culinary professionals.



WHAT'S GOING ON

...around British Columbia

Turning Up the Heat: How Lance Bourne and Students at NWSS Are Crafting Community Through Hot Sauce

By David Johnson



At New Westminster Secondary School, learning does not just stay in the classroom—it simmers, ferments, and sometimes packs a little heat. Thanks to Chef Assistant Lance Bourne, students are gaining hands-on culinary experience through an

unexpected but wildly popular project: making artisanal hot sauce for the school cafeteria.

What began as a small, creative experiment has grown into a student-driven success story. Bourne started making hot sauces with students as a way to explore flavour development, food science, and kitchen fundamentals. The sauces were served directly in the cafeteria, where they quickly developed a loyal following among students and staff alike.

The response from the school community was immediate. Students began



asking when the next batch would be ready, what flavours were coming next, and if they could take some home.

That enthusiasm sparked the next step in the journey: bottling and selling the hot sauces. Today, the project blends real-world culinary production with experiential learning, giving students insight into both food preparation and the business side of cooking.

At the heart of the project is fermentation, a key culinary process that students might otherwise only encounter in textbooks. Through making hot sauce, students learn how fermentation enhances flavour, preserves food, and builds complexity over time.



The project allows students to experience science they can taste. Ingredients change over days and weeks, helping students understand why patience and precision matter in the kitchen.

Students are involved throughout the process preparing ingredients, monitoring fermentation, tasting and adjusting flavours, and learning safe food-handling practices. The result is a deeper appreciation for how traditional food techniques connect chemistry, culture, and creativity.

Several signature sauces have emerged from the NWSS kitchen, each reflecting bold flavour choices and strong student input:

- **Classic (The Original)** – A well-balanced, approachable hot sauce that started it all and remains a fan favourite
- **Curry Orange Ginger** – Bright and aromatic, blending warm spices with citrus and fresh ginger
- **Spiced Jerk** – A punchy, savoury sauce inspired by Caribbean flavours, offering heat with depth

Each new batch becomes a collaborative exercise, with students tasting, suggesting adjustments, and learning how to balance heat, acidity, sweetness, and spice.



Beyond the bottles and flavours, the project represents something larger. It builds confidence, encourages teamwork, and shows students that their work can have tangible, appreciated results within the school community.

For Bourne, the most rewarding part of the project is the impact on students. When students leave with skills, curiosity, and the confidence to try something new, the project has achieved its goal. From a humble kitchen experiment to a school-wide favourite, the NWSS hot

sauce project proves that when education meets creativity, great things, and great flavours, can happen.

Feeding Futures in Action at Thomas Haney Secondary

By Karen Curruthers



At Thomas Haney Secondary, supporting student well-being is at the heart of everything we do, and we are proud to be actively involved in the Feeding Futures initiative. Our school community currently offers free breakfast to all students every Wednesday and Friday morning, ensuring students can start their day nourished and ready to learn. This breakfast program is run through our new breakfast and barista Culinary class, launched this school year, giving students hands-on experience while directly supporting food security within our school.

In addition, we offer a daily lunch card program that provides free lunches to students who may need extra support, helping remove food insecurity as a barrier to learning and success.

Another of our free food for all initiatives is our Wellness Cart program, which operates Monday

through Friday. Each morning at 8:00 a.m., the cart is set up at the front of the school offering healthy, free snacks to students, and again at 10:00 a.m. as it is pushed throughout the school to reach more learners. The wellness carts are student-run and led by our CCW worker, creating a supportive and structured environment for students to take ownership of the program.

Culinary arts students help prepare and load the cart, while various school groups — including our Boys Club and Capstone students — take turns distributing food throughout the school. This collaborative approach not only feeds our school community but also builds leadership, teamwork, and real-world skills for our students.

While these programs are running successfully, we have also recognized that additional equipment and staffing supports are needed to sustainably manage and grow initiatives such as these alongside our regular teaching workload. Moving forward, we hope to apply for grants and seek additional funding opportunities to help meet these emerging needs and continue providing meaningful food security programs for our school community.

Through Feeding Futures, Thomas Haney Secondary continues to foster a culture of care, inclusion, and connection, ensuring every student feels supported both inside and outside the classroom. I would love to know more about how other districts are distributing free food to their students. Looking forward to collaborative opportunities in the near future where we can share creative solutions.



Welcome to the 3rd BCCASA Milk Crate Social!

Take a break, unwind, and connect with your fellow cuisine educators. Whether you're a current, past, or future BCCASA member, you're invited to relax, enjoy a drink, grab a bite, and take a moment to exhale after a busy week.

This informal, collaborative gathering is a great opportunity to take thirty minutes or a couple of hours to catch up with old friends and meet new ones. It's all about building community and sharing good times

Come for the appies, stay for the drinks on BCCASA's tab

Friday March 6th 3:30 – 7pm

Mariner Brewing -- 1100 Lansdowne Dr H (at Barnet Hwy), Coquitlam

RVSP: Trevor_Randle@sd42.ca

AI IS MY CO-AUTHOR

A series of articles written with help from ChatGPT... our students use it, why shouldn't we?

What's Really Going On in BC's Food Service Industry

If you've noticed restaurants raising prices, cutting hours, or running short-staffed, you're not imagining it. The food service industry in British Columbia is dealing with several big challenges at the same time, and they're all connected.

Rising Costs Are Squeezing Restaurants

First off, it's simply more expensive to run a restaurant than it used to be. Food costs are up across the board — meat, dairy, oils, and imported products all cost more and fluctuate in price. On top of that, restaurants are paying higher rent, higher utility bills, and higher insurance costs. In cities like Vancouver and Burnaby, commercial rent alone can make or break a business. Because restaurants typically operate on very small profit margins, they don't have much room to absorb these increases. Many have raised menu prices just to survive, but higher prices can turn customers away.



In short: costs keep going up, but prices can only go up so much before customers stop coming.

Labour Is Still a Major Challenge

Even with slower business, many restaurants still struggle to find and keep staff, especially experienced cooks. A lot of workers left the industry during and after the pandemic and moved into jobs with more stable hours or better pay. Others simply can't afford to live close enough to their workplace, especially in Metro Vancouver where housing costs are extremely high.

The industry has also lost a traditional source of labour due to changes in immigration and international student programs. Fewer students and newcomers means fewer entry-level and part-time workers available. Food service work is also physically demanding and often involves evenings, weekends, and long shifts. For many people, the trade-off no longer feels worth it.

The result: restaurants are competing for a smaller pool of skilled and reliable workers, which pushes wages up and increases training costs.

Fewer Customers Are Dining Out

At the same time, customers are spending less. With higher living costs — rent, groceries, gas, and interest rates — people are cutting back on non-essential spending. Eating out is one of the first things to go. Many restaurants report slower lunches, quieter weekdays, and fewer repeat customers than before.

This drop in demand hurts restaurants because many of their costs don't change, no matter how busy they are. Rent, insurance, and equipment payments still need to be paid, even if the dining room is half full.

Why Labour Shortages and Lower Demand Happen at the Same Time

This is the part that seems confusing, but it's actually key to understanding the industry right now. Restaurants need a minimum number of staff to operate safely and legally. You can't run a kitchen without trained cooks on key stations, and you still need enough front-of-house staff to meet service and safety standards. When business slows down, staffing can't be reduced in a perfectly even way.

To cope, many restaurants: cut operating hours, close on slower days, remove lunch service, reduce menu size. That leads to fewer shifts for workers, which means less stable income. When workers can't rely on consistent hours, they leave the industry altogether. Then, when the restaurant is busy — like on weekends — it's suddenly short-staffed.

So, what feels like a contradiction is really a cycle: Lower demand → fewer hours → workers leave → staffing shortages during peak times.

Closures Are Becoming More Common

With rising costs, staffing challenges, and weaker sales, some restaurants — especially independent ones — can't keep going. Closures affect not just owners, but also workers, suppliers, and local communities. They also put more pressure on the restaurants that remain, which now have fewer staff and higher competition for customers.

What This Means for Students and Future Cooks

For students entering the industry, this is a tougher environment — but not a hopeless one. Employers are looking for people who are reliable, adaptable, and skilled. Cooks who can manage their time, work cleanly and efficiently, and support their team are highly valued. Many restaurants are changing how they operate, focusing on smaller menus, better systems, and stronger workplace culture.

BC's food service industry is being squeezed from all sides — higher costs, fewer customers, and fewer workers — and each problem makes the others harder to solve. Knowing this helps explain why the industry looks the way it does today, and why professionalism, skill, and adaptability matter more than ever.

More reading:

<https://www.vancouverisawesome.com/food-and-drink/10-big-restaurant-openings-and-closures-in-vancouver-in-2025-11686739>

<https://nomsmagazine.com/vancouver-restaurants-closed/>

<https://do604.com/p/rip-vancouver-2025>

<https://scoutmagazine.ca/column/restaurant-graveyard/>

TREASURER'S REPORT



BC CULINARY ARTS SPECIALIST ASSOCIATION Y750

STATEMENT OF RECEIPTS AND DISBURSEMENTS (Note 1) FOR THE YEAR ENDED June 30, 2025 (Unaudited)

	2024-25	2023-24
Balance, July 1	\$ 13,396.32	\$ 13,702.03
<u>Receipts</u>		
BCTF grant	7,000.00	6,000.00
Membership/subscription fees	565.00	2,674.00
Interest income	405.16	607.66
Conference fees	-	16,695.59
Conference grants	-	3,000.00
Conference miscellaneous	-	980.00
	<u>7,970.16</u>	<u>29,957.25</u>
<u>Disbursements</u>		
Meeting-executive	-	1,752.47
Meeting-table officers	-	389.53
Meeting-other meetings	1,010.56	-
TTOCs-general	362.49	271.18
TTOCs-PSA conference	431.00	-
Operating expenses	-	83.08
Furniture & equipment purchase	2,572.25	1,808.32
Scholarships	-	1,100.00
Miscellaneous expenses	1,729.42	1,239.49
Conference-operating	9,823.14	3,195.09
Conference-facilities	-	576.00
Conference-catering	4,844.31	17,634.58
Conference-committee costs	387.42	1,110.60
Conference-miscellaneous	814.23	166.62
Conference-speakers	-	936.00
	<u>(21,974.82)</u>	<u>(30,262.96)</u>
Balance, June 30	<u>\$ (608.34)</u>	<u>\$ 13,396.32</u>

Notes:

- This statement reflects only funds held by the BC Teachers' Federation on behalf of the BC Culinary Arts Specialist Association.

NOTES FROM THE BACK OF HOUSE

...great thoughts on what we do

The Culinary Commons helps Vancouver chefs gather

The Culinary Commons acts as a meeting place to host cooking classes, pop-ups, industry events, and more.

by William Johnson

November 24th, 2025

Accessed at :

<https://www.straight.com/food/culinary-commons-helps-vancouver-chefs-gather#>

On the evening of October 9, 2025—while music and laughter spilled through the halls of 1250 East Georgia Street—Robert Belcham and Johnny Bridge sat down in a quiet boardroom to take it all in.



Outside, hundreds gathered for the grand opening of the Chefs' Table Society of British Columbia's newest and most ambitious project: the Culinary Commons, a first-of-its-kind, not-for-profit hub for the province's culinary and hospitality community.

For Belcham, a past president of the society and a fixture in Vancouver's dining scene, it was the realization of a 15-year vision.

"It started as a library," he recalls in an interview with the Straight. "I buy hundreds of cookbooks every year, and I thought, 'What if we had a place where cooks could access them all?' Then I saw the New York Public Library's menu collection from the 1850s and thought, 'Why not us? Why not a culinary archive for B.C.?'"

Back then, the idea seemed almost impossible.

"Everybody loved the idea," Belcham says, "but everyone also knew the chances of it happening were pretty slim." Still, he kept bringing it up—year after year, board after board—until the vision began to take root alongside other society projects like the chef education event Cooks Camp and industry mentorship programs.

The breakthrough came through a longtime supporter: Bargreen Ellingson, a family-owned hospitality supply company that had partnered

with CTS on Cooks Camp. When the company moved into a new Strathcona facility earlier this year, it found itself with unused office space and a fully equipped show kitchen downstairs.

"Jason (Ocnas, general manager at Bargreen Ellingson) called me up and said, 'We've got this space. Do you want to do something with it?'" Belcham remembers. "I said 'Yes' before I even saw it."

Bridge, the society's current president, was equally surprised by what came next.

"At first, I thought maybe it would just be an interim thing," he says with a laugh. "Then we walked in and I thought, 'Oh no, we're never leaving.'"

That spur-of-the-moment offer quickly evolved into a shared vision. Upstairs, the space became a culinary library and archive, featuring cookbooks, memorabilia, and historical materials from culinary legends such as John Bishop, Michel Jacob, and Bruno Marti. The downstairs event space is designed to stay active year-round, hosting cooking classes,

pop-ups, book launches, and industry workshops.

“It’s a very symbiotic relationship,” Belcham says. “They want chefs walking through their showroom, and we want a space that’s constantly alive.”

The CTS Culinary Commons is more than a new venue. It’s a symbol of what Bridge calls the society’s “day one” era.

“When I joined the board, everyone was saying, ‘One day we’ll have this, one day we’ll do that,’” he says. “Now it’s all day ones. Day one of Cooks Camp. Day one of the Culinary Commons. We’re actually doing the things we’ve been talking about for years.”

That sense of forward motion runs deep. Since its founding in 2004, the Chefs’ Table Society has become a central force in British Columbia’s food culture, promoting mentorship and sustainability. Over the years, it has also tackled tougher industry challenges like worker wellness, fair pay, and career development through initiatives like the Restaurant Culture Shift and the leveraging of Community Workforce Response grants, which helped more than 60 people attend culinary school tuition-free.

For both Bridge and Belcham, the Commons represents an evolution of that work.

“Now that we have this foundation, we can start attacking the fundamental problems of our industry,” Belcham said. “We want people to want to become cooks, not because of what’s on TV, but because it’s a good, solid, well-paying job. That’s what we’re trying to build here.”

At the same time, programs like Cooks Camp continue to anchor the society’s identity. The annual event, held in Pemberton, brings together hundreds of chefs, cooks, and hospitality workers for three days of workshops, meals, and open conversation about the realities of the industry.

“People come away saying it changed their life,” Bridge said. “It’s not a vacation—you’re putting in 10 hours on a cutting board—but you leave recharged about why you cook.”

That mix of passion and purpose is exactly what the Culinary Commons aims to channel year-round. Starting in January 2026, the space will host both professional development and community events, with a focus on collaboration over competition.

“We’ve always believed that by bringing people together, we can make this industry better,” Bridge said. “Now we have a place to actually do it.”



The society is already planning for growth, including hiring a full-time coordinator to support executive director Shawna Gardham. It’s a small step toward building the infrastructure needed to sustain big ideas.

Outside the boardroom that night, the celebration continued—chefs embracing, old friends reunited, and generations of culinary leaders being honoured with lifetime memberships. Inside, Bridge leaned back in his chair and took a deep breath.

“This isn’t the finish line,” he said. “It’s the starting line. We’ve built the arena—now it’s time to play.”

The Chefs’ Table Society of British Columbia’s Culinary Commons is located at 1250 East Georgia Street.

THE EXECUTIVE

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Have something to share?
Response to an article?
Great 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 voice of Chef Instructors
throughout British Columbia

