

Bouquet Garni

"The discovery of new dish does more for human happiness than the discovery of a new star." Brillat Savarin



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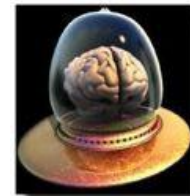
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President's Message

submitted by Chef Eric MacNeill - Dover Bay Secondary

In the almost four years that I have been president of BCCASA writing the Presidents Message has been one of the more enjoyable aspects of this job. If my calculations are correct, this will be the 11th issue of the Bouquet Garni, where I put pen to paper (as outdated as the expression is) and churn out my thoughts in the form of the "President's Message". As I said, I do enjoy doing this because, at the chance of sounding pretentious, it gives me the opportunity to really reflect on what it is our jobs entails. I can sit here in front of this computer screen, in a more or less quiet environment and put my thoughts into concrete words Thoughts that are, or at least should be, relevant to our jobs; what we all



do for a big part of are waking day. Thoughts that are sometimes political, sometimes not. These thoughts are sometimes someone else's thoughts or sometimes mine, but mostly a combination of both. Their range is varied but again always in the context of our daily job. But there is one thing I

have not touched upon, one aspect of our job that I have overlooked, and that its sheer significance makes me wonder how it is that I waited so long. This "Presidents Message" will be in praise of the Teaching Chef's Assistants. However, before I do that let me set the context of my kitchen.

In my program, at Dover Bay Secondary School in Nanaimo, I have two teaching assistants. One is called the Chef's Teaching Assistant and the other is called the Cafeteria Attendant. The other two teaching kitchens in my district have the same. I am curious what other teaching kitchens around the province have. What I do know for sure is how the qualifications for these assistants vary from one district to the

President's Message continued:

next. About five or six years ago I had to struggle with my school district to upgrade the qualifications and in doing so I contacted two other teaching kitchens on the island to determine what other districts looked like. Spectrum Community School in Victoria and Edward Milne Community School in Sooke both had qualifications for their aids that would be the model and envy of other school districts. (Perhaps those two chef instructors, Pia Carrol and Laurie Humeniuk, would like to comment on that). In the end I had to settle for something less than both Spectrum and Edward Milne. For my Chef's Teaching Assistant some of the qualifications are a Culinary Arts (Professional Cook Training) Certificate and a minimum two years experience in the field. My current Teaching Assistant has both a cook and a baker red seal. (I got lucky). The Cafeteria Attendant's qualifications leave much to be desired. All that is required for that position is one year experience in a food service environment and the ability to operate industry standard kitchen equipment. I will refer to the implications of poorly qualified Chef's Teaching Assistants later in this message. This is not to imply that I do not have a good Cafeteria Attendant because I happen to have a very conciseness, competent and reliable one.

Yet, as I am sure what we all can attest to, is the value of our teachers aids. They can make or break the overall atmosphere of our kitchens. In my kitchen the assistant's roles in our actual daily operations are as involved and dynamic as my own. Although I do the weekly menu planning I rely on feedback from them to point out items that may or may not work, especially in their own stations. Probably like most of you, and like any chef in any kitchen you cannot and should not micro manage the entire kitchen operation. You have to rely on their professionalism and opinions. My kitchen is divided into four stations with a number of students distributed appropriately. The teacher's aids are in charge of their own area including directing menu applications, knife skills, time management and student evaluation and discipline. In short, the teacher's aids are responsible for creating and overseeing a positive environment conducive to learning whether it be specific instruction or general encouragement. They have the ability to provide a favorable and opportunistic experience for the students or, inversely, destroy what could be possible career choice or a valuable life skill.

And it is up to us, as chef instructors to foster the relationship between you and your aids. They, like us, need propping up if the day is not going well. They, like

us need praise when things are going well. And they, like us, need backing in the sometimes battlefield we call school and teenage angst. Ultimately it is your responsibility to ensure a productive situation happens in your kitchen, but it would be a whole lot easier to do it in partnership with your aids.

Never is the value of the teacher's aids more apparent than when they are not there. In their temporary absence the kitchen struggles, even with a replacement. It would be easy to say that any employee needs a period of time to adjust to a working environment and that eventually any replacement will in due course come up to standard. That is not necessarily true. I will now return to the subject of Chef's Teaching Assistant's qualifications and the need to bring those qualifications to standards acceptable in any kitchen, especially a teaching kitchen. I have always maintained that my job is mostly to teach students about the do's and don'ts of commercial kitchen work and that the aids should come into the kitchen with prior training. My job description does not include teaching the aids as I teach the students. This does not contradict my above statement of fostering a good relationship with the aids but there is an expectation of previous kitchen experience. And with that previous experience comes not only skills required to perform successfully but more importantly to perform them safely for both themselves and the students. It reached a critical point last fall when I refused future replacements when particular aid was sent, who had no kitchen experience, because of serious safety concerns. This replacement stood by, blissfully unaware, while a student was reaching into the bowl of a floor model Hobart mixer operating at full speed with a whip attachment. After a big battle with Human Resources, my own district's teachers association and CUPE, quoting from my own President's Message in a previous Bouquet Garni about kitchen safety, I now at least have replacements that meet the qualifications of my district. Although that issue does not address the weakness of poor qualifications it at least shines a light on the need for good teacher's aids.

Our Chef Teaching Assistants, at the risk of sounding cliché, are the unsung heroes of our profession. They are the backbone of our operation and when our program is being showcased at school banquets and functions don't forget to mention them. When you are being praised for a job well done, please spread the glory to a most deserving group of people.

29th Annual North Surrey Secondary Gingerbread Competition

Submitted by Chef Terry Larsen - Enver Creek Secondary

Top Five Schools

	Points
1. North Surrey	117
2. Tamanawis	38
3. Enver Creek	24
4. Queen Elizabeth	22
5. L. A. Matheson	12
McNair	12
Delta Secondary	12

Top High School Out of District:

McNair and Delta Secondary

Number of exhibits: 57

Number of schools: 10

Number of school districts: 5

Surrey, Delta, Richmond, Abbotsford, and Rocky Mountain (Kootenay)

SPECIAL CATEGORIES:

Best Use of Gingerbread:

School	Students	Points	Exhibit Name & Nbr.
David Thompson Invermere, BC	Alina Kruessel, Klara Mueller, Amanda McLaughlin, Sara Lochhead	94	#21 Gingerworld



Most Skillful and Artistic Use of Icing:

School	Students	Points	Exhibit Name & Nbr.
Queen Elizabeth	Shafeem Khan, Katie Hofflin, Samantha MacCarthy	84	#3 Royal's Resort



29th Annual Gingerbread Competition continued

Submitted by Chef Terry Larsen - Enver Creek Secondary

Most Original Idea:

School	Students	Points	Exhibit Name & Nbr.
McNair	Alexandra Panganiban, Tyler Arce, Chris Cameron, David Hoang	89	#6 Richmond Oval



Best Overall Entry: Tie

School	Students	Points	Exhibit Name & Nbr.
Tamanawis	Hunan Chandi, Jennifer Giron Godoy	88	#33 Winter House



School	Students	Points	Exhibit Name & Nbr.
North Surrey	Kim La & Nancy Ho	88	#50 House



29th Annual Gingerbread Competition continued

Submitted by Chef Terry Larsen - Enver Creek Secondary

Some Other Outstanding Creations!!



To see more amazing exhibits visit the BCCASA website at : <http://web.me.com/lesgau/BCCASA/Welcome.html>

Calculating Salary Category

submitted by Gary Rupert - Program Coordinator Teacher Education Office - UBC

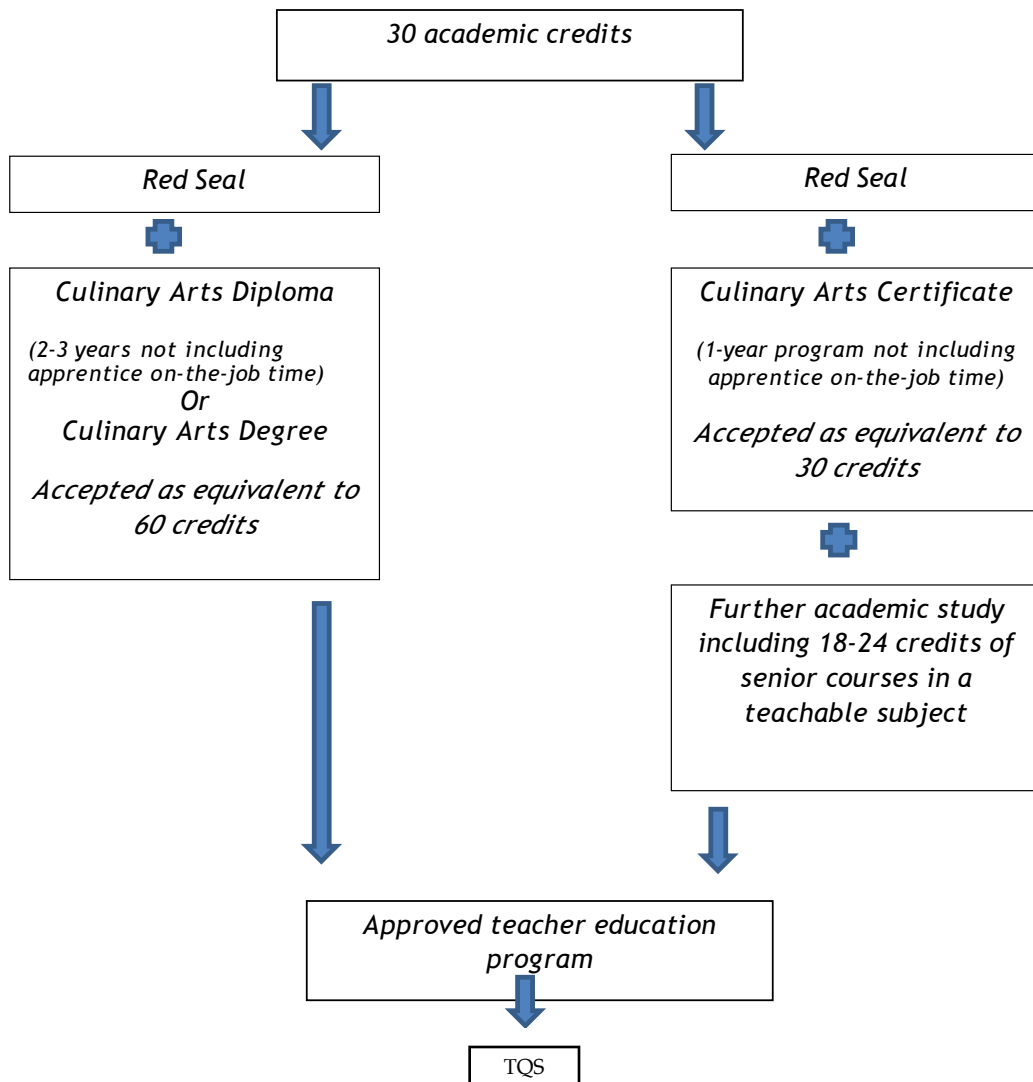
The determination of salary category is the responsibility of TQS. In general, the salary level reflects the number of years of appropriate post-secondary education; that is, 5 Years of education - Category 5

This normally does not include years of career type education unless it is directly applicable to a teaching field and is accepted for entry to a teacher education program. For example, education to become a long-haul driver, nurse's aide, legal secretary, etc. would not normally be accepted.

There is a special arrangement for individuals who are Red Seal Chefs in recognition of the need for teacher chefs in the BC school system. In these cases, the calculation for pay level can be understood this way:

Needed for Category 5 [5 years] - equivalent to 120 credits of academic study + teacher ed. program

Required for all chef candidates:



UBC Spring / Summer Courses

EDCP 492 - Food Studies (online) - May - July, 2011 (Instructor M. Gale Smith)

EDCP 491 - Curriculum and pedagogy in home economics

Two time slots are available: July 4-22, UBC Campus and July 4-8, Abbotsford (part of the Home Economics diploma program)

EDCP 362D - Agriculture in the classroom, July 18-22, Abbotsford (part of the Home Economics diploma program)

BCCASA Conference 2011

Submitted by Chef Mona Garga - Walnut Grove Secondary



On October 21, 2011 the BCCASA conference and AGM will be held in beautiful Walnut Grove. Chef Mona Garga of Walnut Grove Secondary has been hard at work scheduling and planning a very educational and exciting two days. Included will be an opportunity to taste the mosaic of cultures that are very much a large part of the Lower Mainland life.

Stay tuned for more information about registration and scheduling in future editions of the Bouquet Garni, "What's Cooking with BCCASA" emails and of course on our website at: <http://web.me.com/lesgau/BCCASA/Welcome.html>



Take a Bite of BC:

Witloof Chicory (Belgian Endive)

WHAT IS BELGIAN ENDIVE?

In BC, Belgian endive is called witloof. It is a type of vegetable with smooth cream-coloured leaves. It is 10 to 15cm long and compressed into a compact, slender, pointed head.

WHERE IS BELGIAN ENDIVE PRODUCED IN BC?

It is grown in the Lower Mainland.

HOW MUCH BELGIAN ENDIVE DO WE PRODUCE?

While witloof is an important vegetable in Europe, it is not a major crop in BC. All of it is grown on one farm.

HOW IS BELGIAN ENDIVE PRODUCED?

Seeds are planted in April through June about 15cm apart. The plants are watered and fertilized throughout the summer. In the late summer and fall, the roots are dug up. The leaves are trimmed back and the roots are trimmed to about 20cm in length. After a cold storage period, roots are planted in dark, forcing chambers and watered with a hydroponic solution. The first harvest can be done about four weeks later.

WHAT DOES BELGIAN ENDIVE LOOK LIKE WHEN I USE IT?

Witloof is used raw in salads or braised and served as a vegetable.

WHAT HAPPENS AFTER BELGIAN ENDIVE LEAVES THE FARM?

To be stored, witloof needs to be wrapped by something that excludes the light, otherwise it will turn green. Witloof is a specialty vegetable and marketing is a challenge. Product is sold to wholesalers who in turn supply supermarkets and restaurants.

sourced from: <http://www.agf.gov.bc.ca/>

WHAT CHALLENGES DO BELGIAN ENDIVE PRODUCERS FACE?

Witloof production is a very specialized business requiring sophisticated equipment and careful management by the grower. It is a long season crop which must be first grown in the field, then stored for a time and finally forced (which means to artificially hasten the development) before the product is ready for the market.

WHO'S INVOLVED IN PRODUCING BELGIAN ENDIVE?

- Witloof producer
- Seed suppliers
- Fertilizer suppliers
- Equipment dealers
- Carton manufacturers
- Field workers

Interesting Fact About Belgian Endive:

Belgian endive that we eat today is the result of an accident. A Belgian farmer was growing chicory for its root. The root was used as a coffee substitute in Europe. He threw some of these roots into the soft soil of a dark shed and forgot them. Three weeks later, he found that tight blanched heads had grown. The result has been systematically cultivated since. In BC, Belgian endive is a minor crop, but in Northern Europe, it is a very important winter vegetable.

Contacts and other resources:

[Belgian Endive Marketing Board](#) (Belgium)

[InfoBasket: Your Portal to Agri-Food Information on the Internet](#)

van Eekelen Enterprises (the only significant witloof grower in BC)



Take a Bite of BC:

Braised Belgian Endive with Pan Roasted Pork Loin and Apples

For the Endive:

30	ml	Butter
30	ml	Honey
3		Belgian Endive, cut length wise
2		Fresh BC apples, peeled, cored and quartered
45	ml	White Wine
200	ml	Chicken Stock
		Fresh Thyme
		Salt and Pepper
		Fresh Parsley, chopped

Method:

- 1.Heat butter and honey together. Cook until mixture begins to thicken.
- 2.Season endive and place in the pan, cut side down and cook until sugars caramelize and endive begins to brown.
- 3.Add apples, fresh thyme and white wine.
- 4.Add chicken stock and simmer until endive is tender. (about 10 minutes)
- 5.Remove the endive and apples from the pan and continue to reduce the braising liquid until desired consistency.
- 6.Spoon the braising liquid onto finished plate.

For the pork:

1		Double cut pork chop
		Salt and pepper
30	ml	Butter
2	cloves	Fresh garlic
3	leaves	Fresh sage

Method:

- 1.Season pork chop.
- 2.Melt butter in a pan.
- 3.Add sage and garlic.
- 4.Sear pork and place in the oven until desired doneness.
- 5.Remove from the pan when done and allow to rest for 10 - 15 minutes.
- 6.Serve with braised belgian endive and apples.
- 7.Garnish with roasted garlic and crispy butte sage leaves from the pan.





Lesnes Brain Teaser # 23

submitted by Chef Daniel Lesnes - Garibaldi Secondary



I AM EVERYTHING AND MORE! People have the nerve to call me just a berry, but you'd never see me that way. I was known as the Chinese gooseberry; however I was renamed for export marketing reasons in the 1950s and only got my registered trademark in 1997, I was a cliché of 70's nouvelle cuisine and I am very proud of it. I originated in China over 700 years ago, but they only used me then as a childhood tonic. The French call me "vegetable mouse," and I must admit that I'm a rampant climber, deciduous and attractive. When cut, I release actinic and bromic acids to curdle your milk, soften your meat, and keep your gelatin nervous. Caress my skin if you want to eat it; on a picnic enjoy my fruit. See, I told you I'm everything and more. On the culinary side, it took an inventive marketing mom to really make me famous in the U. S. While of few of my plants are hermaphrodites, we usually work as a harem, one male for every four or five females producing 100 lbs. of fruit on one vine. You'll find me year-round, since my two main producers have complementary seasons. I'm also a handler's delight, since I have a resilient skin and can last 3-4 weeks in your refrigerator or 6 months in cold, humid storage. Even after 6 months, I retain 90% of my Vitamin C. I need room temperature to really ripen. I get sweeter and mushier as I ripen, despite losing some vitamin content. Scoop, peel, slice, chunk, juice, or just bite in; use me like a strawberry or melon. Even with all my attributes, it just isn't enough; they're marketing my smooth-skin baby cousins and my new gold variety. I have ten times more Vitamin C than lemons and lots of potassium, and I'm diuretic and laxative. One oval berry can have as many as 1400 seeds, containing essential fatty acids. Visit <http://web.me.com/lesgau/BCCASA/Welcome.html> for answers to this teaser.

Upcoming Events

Look for more specific information about these and more events on our website at: <http://web.me.com/lesgau/BCCASA/Welcome.html>



SD #36 Sculpture Competition



SD #36 Chili Competition



SD #42 Chowder Competition



PROVINCIAL SPECIALIST ASSOCIATIONS

Surname _____ BCTF ID number _____

Given name(s) _____

Former name _____

Address _____

City _____ Postal code _____

Home telephone () _____ Fax () _____

School telephone () _____ Work telephone () _____
(if different from school)

Name and address of school/institution/business _____

_____ School district number _____

E-mail address _____

Visa/Mastercard number _____ Expiry date _____

Approval number _____

PSA MEMBERSHIP

BCTF MEMBER	STUDENT/ RETIREE/ TOC	BCTF MEMBER	STUDENT/ RETIREE/ TOC	BCTF MEMBER	STUDENT/ RETIREE/ TOC
41 <input type="checkbox"/> \$35.00 Art	<input type="checkbox"/> \$20.00	53 <input type="checkbox"/> \$35.00 Learning Assistance	<input type="checkbox"/> \$10.00	66 <input type="checkbox"/> \$25.00 Environmental Ed	<input type="checkbox"/> \$15.00
42 <input type="checkbox"/> \$35.00 Business Education	<input type="checkbox"/> \$23.00	54 <input type="checkbox"/> \$19.00 Physical Education	<input type="checkbox"/> \$15.00	67 <input type="checkbox"/> \$20.00 Rural	<input type="checkbox"/> \$10.00
44 <input type="checkbox"/> \$40.00 Counsellors	<input type="checkbox"/> \$25.00	55 <input type="checkbox"/> \$45.00 Primary	<input type="checkbox"/> \$22.50	68 <input type="checkbox"/> \$25.00 Peace & Global Ed	<input type="checkbox"/> \$10.00
45 <input type="checkbox"/> \$35.00 Immersion/Francophone	<input type="checkbox"/> \$15.00	57 <input type="checkbox"/> \$35.00 Science	<input type="checkbox"/> \$10.00	69 <input type="checkbox"/> \$25.00 ESL PSA	<input type="checkbox"/> \$15.00
46 <input type="checkbox"/> \$35.00 English Language Arts	<input type="checkbox"/> \$15.00	58 <input type="checkbox"/> \$30.00 Technology Ed	<input type="checkbox"/> \$20.00	70 <input type="checkbox"/> \$30.00 Alternate Ed	<input type="checkbox"/> \$15.00
47 <input type="checkbox"/> \$35.00 Home Economics	<input type="checkbox"/> \$16.00	59 <input type="checkbox"/> \$30.00 Social Studies	<input type="checkbox"/> \$15.00	71 <input type="checkbox"/> \$25.00 Aboriginal Ed	<input type="checkbox"/> \$15.00
48 <input type="checkbox"/> \$35.00 Intermediate	<input type="checkbox"/> \$15.00	60 <input type="checkbox"/> \$30.00 Special Ed	<input type="checkbox"/> \$15.00	72 <input type="checkbox"/> \$20.00 Co-operative Learning	<input type="checkbox"/> \$10.00
49 <input type="checkbox"/> \$40.00 Teacher-Librarians	<input type="checkbox"/> \$15.00	62 <input type="checkbox"/> \$35.00 Drama	<input type="checkbox"/> \$20.00	73 <input type="checkbox"/> \$35.00 Dance	<input type="checkbox"/> \$12.50
50 <input type="checkbox"/> \$40.00 Mathematics	<input type="checkbox"/> \$20.00	63 <input type="checkbox"/> \$35.00 Gifted	<input type="checkbox"/> \$18.00	74 <input type="checkbox"/> \$20.00 Adult Educators	<input type="checkbox"/> \$10.00
51 <input type="checkbox"/> \$40.00 Modern Languages	<input type="checkbox"/> \$15.00	64 <input type="checkbox"/> \$25.00 Distributed Learning	<input type="checkbox"/> \$10.00	75 <input type="checkbox"/> \$30.00 Culinary Arts	<input type="checkbox"/> \$16.00
52 <input type="checkbox"/> \$60.00 Music	<input type="checkbox"/> \$36.00	65 <input type="checkbox"/> \$35.00 Computer	<input type="checkbox"/> \$15.00	76 <input type="checkbox"/> \$20.00 Educators Against Racism	<input type="checkbox"/> \$10.00

Subscriptions are available to non-BCTF members or institutions. Fees include GST (R 106779291 RT0001).

SUBSCRIBER	SUBSCRIBER	SUBSCRIBER
41 <input type="checkbox"/> \$56.18 Art	53 <input type="checkbox"/> \$56.18 Learning Assistance	66 <input type="checkbox"/> \$45.68 Environmental Ed
42 <input type="checkbox"/> \$56.18 Business Education	54 <input type="checkbox"/> \$49.88 Physical Education	67 <input type="checkbox"/> \$40.42 Rural
44 <input type="checkbox"/> \$61.42 Counsellors	55 <input type="checkbox"/> \$63.79 Primary	68 <input type="checkbox"/> \$45.68 Peace & Global Ed
45 <input type="checkbox"/> \$56.18 Immersion/Francophone	57 <input type="checkbox"/> \$56.18 Science	69 <input type="checkbox"/> \$45.68 ESL PSA
46 <input type="checkbox"/> \$56.18 English Language Arts	58 <input type="checkbox"/> \$50.92 Technology Ed	70 <input type="checkbox"/> \$50.92 Alternate Ed
47 <input type="checkbox"/> \$56.18 Home Economics	59 <input type="checkbox"/> \$50.92 Social Studies	71 <input type="checkbox"/> \$45.68 Aboriginal Ed
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52 <input type="checkbox"/> \$82.42 Music	65 <input type="checkbox"/> \$56.18 Computer	76 <input type="checkbox"/> \$40.42 Educators Against Racism

Print your name, address, etc., and check the appropriate association(s). Cite Visa/Mastercard card details, or enclose your cheque or money order, made payable to the B.C. Teachers' Federation. Do not mail cash. Retain a photocopy of your completed application for your records. Only BCTF members and students pursuing bachelor of education degrees in BC can be members of the PSAs. Only retired BCTF members can pay the retiree rate. All others must become subscribers. The membership/subscription will run for one year from the date this form is processed. The BCTF ID number and the expiry date appear on envelopes bearing PSA publications. Six weeks before the membership/subscription is due to expire, you'll be sent a renewal form. Receipts are not issued because PSA fees are not tax deductible. **If, in the course of the year, you change your name or address, please notify the BCTF: BC Teachers' Federation, 100-550 West 6th Avenue, Vancouver, BC V5Z 4P2, 604-871-BCTF or 1-800-663-9163, F: 604-871-2286, bctf.ca.**

Collection, use and disclosure of your personal information and your privacy consent

The British Columbia Teachers' Federation ("BCTF") is committed to both protecting the privacy and confidentiality of our members' personal information and to complying with British Columbia's *Personal Information Protection Act*. We are collecting your personal information on this form because it is needed for PSA Membership Records. It will enable us to identify you, send publications to you, and to communicate with you, as needed, to fulfill the PSA's obligations to you. We will also use this information to confirm your eligibility for services, to comply with various professional legal and regulatory requirements, to provide services to you, and to conduct research. The BCTF plans to transition to primarily electronic communication which is why we are requesting your e-mail address information.

We will disclose your personal information, but not your credit card or other financial information, to your PSA. However, we will not otherwise disclose your personal information without your permission, except as required or authorized by law. We have also employed appropriate security measures to ensure only authorized individuals have access to your personal information. By completing this membership form, you are providing your consent for the BCTF to collect, use, and disclose your personal information in the manner identified above.

If you have any questions, please contact the BCTF's privacy officer at 604-871-2283, privacy@bctf.ca.

This form is void after June 30, 2009. 

BUDGET REPORT

For the Year Ending January 31, 2010

INCOME

4099921 Income Surplus	11,305.31
4099923 Conference Surplus Outside Account	11,000.00
4099930 Membership / subscription fees	1021.57
4099931 BCTF Grant	4750.00
4099934 Interest income	36.12
4099939 Other	28.00
4099941 Conference grant	3000.00
Total Income	\$31,141.00

EXPENSES

4099969 Publication - equipment	89.59
4099961 Publication newsletter	636.02
4099971 Equipment purchase	111.99
4099979 Miscellaneous	41.22
4099980 Conference operating	10,000.00
Total Expenses	\$10,878.82

Balance	\$20,262.18
Outside Account	\$497.90
Total Balance	\$20,760.08



B.C.C.A.S.A. Executive

President: Mr. Eric MacNeill

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Bouquet Garni Editor and meeting minutes

We're on the Web!

See us at:

<http://web.me.com/lesgau/BCCASA/Welcome.html>