

# Bouquet Garni

"The duty of a good Cuisinier is to transmit to the next generation everything he has learned and experienced."  
 Fernand Point (1941)



## In This Edition

**BCCASA China Discovery**  
 Page 3



**BCCASA October 2012 Conference**  
 Page 5

**Take a Bite of B.C. Milk**  
 Page 8



**BCCASA in the Media**  
 Page 10

**BCCASA Financial Report**  
 Page 12



## President's Message

submitted by Chef Eric MacNeill - Dover Bay Secondary

In the last two editions of the Bouquet Garni, in the President's Message, I made references to the closure of the Culinary Arts program at Walnut Grove Secondary School in Langley. In this message I will again be referring to the Langley School District decision to close that program. But before you start thinking that I need to let that issue go and move on, my focus and the points I wish to make will be different. I will start by laying some background information in order to make my case about the importance of raising our profile in the media and in the public forum.

I made a statement in the last issue (Volume 14, issue 1) regarding health matters associated with closing that



program: "The people who made the decision to close the culinary arts program in Langley and the people who let it happen can never in good conscience claim that they have the student's good health as a concern." In the previous issue (Volume 13, issue 3), again about the decision to cut that

program, I stated: "The people who are in position to make such decisions would politicize the need to address the ever growing obesity problem among the youth, that this issue is a grave concern to them." I went on to say that in our programs our students make food from scratch providing healthy foods to our general student population. And the alternatives to our programs (nearby fast food outlets or in school private caterers) could never be replicated because of consumer demands and the profits driven by those demands. I had no idea then how accurate those statements were and how quickly those very people would fabricate facts to show the people of Langley how they "Promote healthy bodies and minds".

## President's Message continued

submitted by Chef Eric MacNeill - Dover Bay Secondary

In a Langley newspaper article sent to me in early January (I apologize because I do not have the name of the paper or the edition) reads the headline: " 'Farm to School' promotes healthy bodies and minds" by Kurt Langmann. This article is about how Aldergrove Secondary is "fighting back" against "poor nutrition and childhood obesity". This is tough to hear since both teaching kitchens that once operated in Langley were both on the fruit and vegetable program and were on the Take a Bite of B.C. program. The "Farm to School" ideology has existed through Agriculture in the Classroom's "Take a Bite of B.C." for a number of years. Both Trevor Randle and Daniel Lesnes, Culinary Instructors in the Fraser Valley have won "Outstanding Teacher Award" by the BC Agriculture in the Classroom Foundation, in recognition for their daily efforts to bring local agriculture to their kitchens. In fact there are thirty three, yes thirty three, schools, mostly in the Fraser Valley, that receive some of the best products that our province has to offer. It is very misleading when Aldergrove Secondary's principle Gord Stewart states that he, "has been instrumental in bringing the Farm to School initiative here." Agreed, he has been instrumental bringing that specific program to the school, however the concept has been around for years. It goes on to mention, what everyone already knows, about the health benefits of fresh fruits and vegetables and "That is what has driven Stewart to embrace initiatives that contribute to good health in the classroom". Let me point out that Aldergrove Secondary School closed their Culinary Arts program in June 2010 and the last culinary program in Langley, Walnut Grove Secondary, closed in June 2011. Spin it like you want, but Gord Stewart did not "initiate" such programs and if he was the savior of our children's health there would be no need to make such claims because that program would have already existed if he did not shut down their Culinary program.

What made it easy for that article to appear was that the general public does not know about the Culinary Arts Programs that exist around the province. They already know, because of extensive media coverage, of obesity problems. Also whenever stories appear about celebrity chefs taking up the cause (Jamie Oliver and John Bishop come to mind) and like the story above, people tend to take notice because they believe that finally someone is actually taking steps to tackle those health issues. Again, it is because the media brought those stories to the forefront. At our last AGM I quoted from the Globe and Mail another example of how others are getting the limelight and, sadly, we are not. In the story it shows a high school in Ontario that has this "unique" program where the students do the cooking for the cafeteria under the mentorship of a well known chef. Yet the readers are unaware of the existence of similar

programs else ware. Perhaps it is not the reporters fault, but I felt a little digging would have made that story a little more informative and a little less unique.

I mentioned at the AGM the need for BCCASA to raise it's profile. I feel at times that our own survival is a stake. I am aware of four culinary arts programs closing in recent times: Walnut Grove, Aldergrove, North Vancouver's only program and North Peace Secondary. Would these programs still be here if the public knew of the health benefits provided by these programs? Who knows, but when I read stories about the principle of Aldergrove "embracing" healthy initiatives, portraying the need to act against obesity, I do know we need to demonstrate our benefits and worth. Why else would others be depicted as champions of healthy eating if they didn't believe in the value of public opinion?

Alison Bell heard the call. She, as you may know, is now BCCASA's media person. What we hope to accomplish with this new position is, as already stated, to let the public know, beyond the readers of Bouquet Garni, what it is we do. Media attention is already on the issue, we just have to be a part of it. So more than ever we need you to help out. If you here of stories like the Langley one, we need to know about it. Alison has already responded to a CBC radio show on a similar such story where, once again, others are getting attention for things we already do. Let us know of the good exposure you may be receiving and we can share it



Share the BCCASA Story!!!

# China Discovery

submitted by Chef Lori Pilling - Delta Secondary School

There is still space for you to enjoy 8 amazing days in China starting from only \$1199.00 +airport taxes. on a first come, first serve basis. Price includes: international flight, airport transfers, 4/5 star accommodations, tour bus and english speaking tour guide, entrance fees, and meals as stated.

## Day 1-2

**Meals:** Dinner

### Home Departure

Depart for Beijing via scheduled airline.

Arrival in Beijing. It was in this city that Chairman Mao proclaimed the People's Republic of China in 1949.

Welcome dinner.

## Day 3

**Meals:** Breakfast, Lunch, Dinner

### Tiananmen Square, Forbidden City, Capital Museum

Tiananmen Square (the Gate of Heavenly Peace), the largest public square in the world.

The Forbidden City, accessible only to members of the imperial court until as late as 1949. Get a close-up look at the golden-roofed Imperial Palace, one of the world's greatest architectural achievements.

Tea Ceremony, experience and learning Chinese traditional tea culture. Capital Museum.

## Day 4

**Meals:** Breakfast, Lunch, Dinner

### The Great Wall, Olympics Games sites.

Beijing Excursion to the Great Wall of China Travel to view one of the wonders of the world.

2008 Olympics Games Sites- Water Cube & Bird's Nest.

## Day 5

**Meals:** Breakfast, Lunch, Dinner

### Temple of Heaven & School Visit of Cooking Lesson.

Temple Of Heaven-where emperors went to worship heaven for good harvests.

Beijing Jinsong Vocational School visit.

Experience & Learning the cooking lesson of Chinese food.

## Day 6

**Meals:** Breakfast, Special Lunch, Dinner

### Hutong Rickshaw & Family Visit.

Rickshaw Tour of Hutongs- an ancient city alley or lane typical in Beijing. Experience & enjoy the local family's Chinese house meal.

**Optional cooking class in the hotel.**



## China Discovery continued

submitted by Chef Lori Pilling - Delta Secondary

### Day 7

**Meals:** Breakfast

**Free day to explore the city on your own.**

### Day 8

**Meals:** Breakfast

**Home or extend the trip to other cities of China.**

Xi'an - Terra-cotta Warriors.

Shanghai - Pearl Of Orient, Ancient Water Town.

Guilin - The most beautiful place in China.

Hong Kong - Shopping Paradise.



If you are interested in this fabulous opportunity you must first complete the on line form which can be found under the conference tab on the BCCASA website: <http://web.me.com/lesgau/BCCASA/Welcome.html>. You must also contact SNA Tours at: (778) 297.5593 or toll free at 1.888.412.5593 or by email at [info@snatours.com](mailto:info@snatours.com) in order to book your tour and arrange for payment of your first deposit of \$300.00.



### How Will This Conference Benefit Your Program?

\*China is an important place to visit especially with all of our Asian students in our schools to of get in tune with the Chinese culture and develop an appreciation for Asian culinary traditions.

\*Food is an international and trendy thing that is always changing and it is important for us to stay ahead of the trends and techniques in order to stay relevant to our students and their successful futures.

\*We will be hosted by a local vocational school where we will have a lecture from the principal on how China is currently feeding China. If they are able to feed themselves, there is no reason we can not do it in our small population.

\*The Chinese government is subsidizing western chef educators to come and experience the culture.

\*We will also learn very different skills from authentic trained chefs who can teach us the ways the food is intended to be prepared.

\*Once in a lifetime opportunity for chef instructors to have this experience. To learn and professionally develop.

\*The timing has been catered for our chef instructors. There will be no instruction time lost or TOC time needed.

# BCCASA October Conference 2012

submitted by Chef Brian Smith - Thomas Haney Secondary

## *The Mighty Fraser*

On October 12, 2012 discover the beauty and secrets that the Mighty Fraser holds on an outing that will not disappoint. Explore the shores of the river for wildlife, listen to stories passed down over the years and learn a bit about the history that carved a rich legacy for the Province of B.C.

The river tour is only one part of this unique outing as we have arranged a tour and hot lunch at one of BC Historical Sites. This part of the adventure will take your group up to Kilby Historic Site to tour the museum and farm which only enhances the experience.

[www.kilby.ca](http://www.kilby.ca)

**\*Please note that the boat is fully covered and heated by 5 heaters for comfortable fall tours\***

BCCASA Member Cost: \$100.00 Non-Member Cost: \$200.00

Space is limited and reservations will only be made after payment is received. Registration and further information will be sent to you through our "What's Cooking" emails so if you are not receiving the emails, please be sure to contact Lori Pilling.

Price includes Fraser River Safari Tour, guide and interpreter, entrance to Kilby Historic Site, hot buffet lunch, gratuities, & HST.



## Preserving Traditions at Brooks Secondary School: *One Jar at a Time* submitted by Chef Alison Bell - David Thompson Secondary

Take a team of keen students, two teachers, a forward-thinking school district, over 1000 pounds of locally grown pickling cucumbers and all the berries you can find and what do you get? Pickle perfection and a groundbreaking Business Education and Culinary Arts course at Brooks Secondary School in Powell River that is changing the way we look at education.

When Mountain Ash Farms, an existing canning and preserving business, and a Powell River institution, was looking for a buyer, Powell River Education Society Services (PRESS) seized the opportunity. As soon as Elaine Steiger, Mountain Ash Farms' owner contacted PRESS's Executive Director and Superintendent of Schools Jay Yule, he recognized the value that real-life educational experiences running a business like this could provide students. With business plan in hand, an inventory of tried and true recipes, two innovative teachers, a group of keen students and access to locally grown ingredients, the circle was complete and the creation of a delicious culinary edubusiness was realized.

Under the direction of Chef Instructor and Red Seal Chef, Mike Austin and Business Education Teacher, Anne Hutchings, Business Innovations 12 students learn the importance of time-honoured culinary traditions, business and marketing acumen, and where their food comes from. And, did I mention that all of this happens outside of regular school hours in a gleaming commercial kitchen?

Every Tuesday afternoon, students assemble in the Teaching Kitchen at Brooks Secondary, home to its highly successful Professional Cooking Program, to blanch, peel, chop, slice and simmer a veritable bounty of mostly locally-grown berries and vegetables for delicious jams, jellies, salsas, chutneys and pickles. Shoulder to shoulder, Emily Anderson, Connie Brown, Katie Craven, Richard Fenn, Tayla Gawley, Konane Laureta, and Dakota Whalley build camaraderie while preparing their prized preserves. Dakota, who is studying both Marketing and Culinary Arts, loves the skills she is learning, especially the teamwork aspect. Dakota explained "we all just jump on the task and get the job done" ... "we are learning really good skills for the future, how to preserve foods and we learn the value of food when we look at food waste and food costing." Dakota also sees this course as an important step on her journey to becoming a chef after leaving high school. In addition to culinary skills, students like Dakota are learning about how their food is grown, market trends and customer satisfaction.

Mountain Ash Preserves produces over 20 delectable products including Strawberry-Rhubarb Jam- one of their biggest sellers- Heirloom Tomato Salsa and several varieties of pickles. In fact, Mountain Ash Preserves is one of two dill pickle producers in British Columbia. And while the team has created "gourmet" products such as Strawberry Fig Jam, they are finding that the more traditional products are what customers want. "People want simply prepared natural foods that taste like the foods

their grandmothers used to make," states Austin. And when it comes to quality ingredients, Mountain Ash Preserves does their best to obtain the freshest.

"We are trying to use as much local produce as possible, states Anne Hutchings, who goes on to say that "Hatch-a-Bird Farm is a local certified organic farm and they grow our pickling cucumbers, zucchini, cucumbers and tomatoes for our September pickling." And, they don't just grow a few cucumbers. Last year, Hatch a Bird Farm provided 1200 lbs of pickling cucus! Working with large quantities of fresh produce requires a lot of foresight, seasonal cooking, and working closely with the farm. "We need to know that we can pick up the amount of product we need, otherwise that sets us back a week," states student Emily Anderson. So, how does the team pull it all together?

Mountain Ash students contact customers in the early spring to determine their needs and to find out which products are the best sellers. Armed with this information, according to Emily Anderson, they then meet with farmers Helena and Peter Bird to "request late planting". Staggering planting "can be a challenge" according to Helena Bird, but she sees enormous value in working with the students who visit the farm weekly to pick up their vegetables. In addition to pickles and salsas, Mountain Ash Preserves produces a wide variety of jams and jellies with locally grown berries.

Coast Berry Farm, a berry producer committed to sustainable agricultural practices on the Sunshine Coast, provided most of the berries that went into the making of over 300 jars of jams and jellies last year. An abundance of wild blackberries, harvested by students provides an unending supply of berries for blackberry preserves and syrup. And while Mountain Ash Preserves is sourcing as much locally as it can, Austin says that they are on the cusp of expanding and worries that they will have to look further a field for fresh ingredients. "We are already buying everything that is available locally," he states. Austen is



## Preserving Traditions at Brooks Secondary School: *One Jar at a Time continued* submitted by Chef Alison Bell - David Thompson Secondary

seeking out growers on Vancouver Island and the Lower Mainland. And, it doesn't stop there. Once preserves are bottled and packaged, the team works hard to get their products to customers quickly, economically and with some value-added educational perks.

According to Anne Hutchings, "Mt. Ash students prepare invoices for out of town customers and sometimes go on field trips to deliver their products" to the Island and Lower Mainland. "The responsibility of delivery is also shared by the whole team, including students, teachers, teacher assistants, Brooks Secondary teachers and administrators who volunteer to drop off products when they take the ferry to visit family and friends." And there is more.

In April, the team from Brooks Secondary is planning to attend the BC School Trustees Association conference in Vancouver. They have already started preparing "200 mini-jars of

product to give away as samplers and students will be designing an information booth and making baskets for presenters," explains Hutchings. So, where can you find a jar of delicious Mountain Ash Preserves?

Well, they are flying off the shelves around BC, but if you play your cards right, fellow BCCASA member, Mike Austin might just deliver a jar or two to a Teaching Kitchen near you. In the meantime, Mountain Ash Preserves are available at specialty grocers in Powell River, the Lower Mainland and on Vancouver Island. Students learning practical business, marketing and culinary skills, working-side-by-side preparing recipes as good as your Granny made while supporting local farmers? What better recipe is there for student success?

For more information, visit:

[www.mountainashpreserves.com](http://www.mountainashpreserves.com)



# Take a Bite of BC:

## Milk

### WHAT IS MILK?



Milk is the flavor we love in cheese and yoghurt, in butter, cream, and ice-cream. Unless you are lactose-intolerant, milk is a source of easily digestible protein. It contains calcium, vitamin D, and vitamin B12; all in the handy drink, most people enjoy daily, either pure, flavored or in your morning coffee.

Dairy herds consist of cows which produce large volumes of milk. The most common dairy breed Canada-wide is the black and white Holstein cow. Depending on age and lactation status, dairy animals may be referred to as replacement heifers (young, non-lactating animals) or cows (lactating animals). Intact males are called bulls. Cows are mammals and like all mammals produce milk for their young. This is the milk we get from cows.



### WHERE IS MILK PRODUCED IN BC?

The majority of BC dairy herds are located in the Lower Mainland (68%), the Okanagan-Shuswap area (18%), and Vancouver Island (9%), while the remaining 5% of BC dairies are located in the Bulkley Valley, Cariboo and Peace regions.

### HOW MUCH MILK DO WE PRODUCE?

In 2010, 545 BC dairy farms produced over 675 million litres of milk. Currently, the average herd size is 135 cows plus an equal number of dairy replacement calves and heifers varying in age from birth to about 26 months. The average cow on test produces over 32 litres of milk per day and milks about 10.5 months in a year, which equals about 10,000 litres of milk per cow per year. That's an average of 115 glasses of milk per day, every day of the year.

### HOW IS MILK PRODUCED?

Before any cow produces milk, she must first become a mother. When a dairy replacement heifer reaches 13 to 15

months of age she is bred, usually by artificial insemination. After a nine month gestation period she gives birth to a calf at 22 to 24 months of age, starts producing milk and continues doing so for the next 10 to 11 months. Depending on ambient temperature, level of milk production, and feed moisture content, a cow will consume about 16 kg of dry hay or up to 40 kg of high moisture silage and drink up to 90-120 litres of water a day. A cow's diet is supplemented with high energy and high protein feeds such as barley, wheat, corn, soybean and canola meal, and dried distillers grains, as well as a specially formulated premix of minerals and vitamins. For high producing herds, feed additives such as energy rich fats and high quality rumen by-pass proteins are fed to meet the nutrient demands of high milk production. All dairy cattle rations are nutritionally balanced and fed to meet the energy, protein and other nutritional requirements of the animal for high milk production, reproduction, and growth in the case of young dairy cows.

Milking machines are labour-saving devices used to milk a cow. Cow's udders are cleaned and stimulated to encourage desired milk let-down. A synthetic or natural rubber lined suction cup is attached to each teat. The pulsating action of the suction cups on the teats further stimulates milk letdown from the cow. The suction cups are connected to a single claw unit which in turn is attached to hoses and pipes that allows for the collection and transfer of milk from the cow to a bulk milk cooler (or storage tank). The milk is quickly cooled in the bulk milk tank and maintained at a temperature below 4°C. On the majority of dairy farms, cows are milked twice, while a few dairies have elected to milk three times a day. Milkings are scheduled to be at the same times each day. All equipment used for milking is thoroughly cleaned and sanitized before and after every milking.

source: [http://www.agf.gov.bc.ca/aboutind/products/livestck/dairy\\_m.htm](http://www.agf.gov.bc.ca/aboutind/products/livestck/dairy_m.htm)





## Take a Bite of BC:

# Thyme Infused Bread and Butter Pudding with Caramelized B.C.

### Caramelized Pears

60	g	butter
8		medium B.C. Bartlett pears, pitted and quartered
100	g	brown sugar

#### Method:

1. Heat a large sauté pan over medium heat.
2. Melt the butter and then add the pears, cut-side down, cooking until they are slightly golden brown, about 5 minutes.
3. Add the brown sugar and continue cooking until caramelized, another 5 minutes.

### Thyme Infused Bread Pudding

1	L	milk
60	g	fresh thyme
3		eggs
175	g	cup brown sugar
5	g	ground cinnamon
15	ml	vanilla extract
1	loaf	day old bread, cut into cubes and toasted
150	g	raisins
20	g	coarse sugar



To see the final product, visit :

<http://www.aitc.ca/bc/index.php?page=take-a-bite-of-bc>

#### Directions:

1. Preheat oven to 350 degrees.
2. Butter a 9" x 9" ovenproof casserole dish.
3. Combine milk and thyme and steep for 5 to 10 minutes or until desired thyme flavor is achieved and strain.
4. Whisk together eggs, brown sugar, spices and vanilla.
5. Temper egg mixture with milk and combine.
6. Toss in bread and raisins. Pour into a 9" by 9" ovenproof casserole dish, sprinkle with coarse sugar and bake for 30-45 minutes, until eggs are set, and the top is golden brown.

## Lesnes' Brain Teaser # 27

submitted by Chef Daniel Lesnes - Garibaldi Secondary

I am never alone. Wanting to be pure and simple my whole life, but it was just not meant to be. I guess my first association was Greek. Then I went wild and since then I have been associated with Italians, Mexicans, golden showy, beautiful, wooly white, and happy hills. While I might be as old as the hills, that flavor won't make you happy unless you want something scentless, tasteless and green. Keep that in your medicine cabinet to make poultices help with your everyday scorpion bites, sore muscles, and hair loss. The Greeks and the Romans discovered me first and I was considered a medicine by many, including Pliny and Dioscorides. Then the colonists brought me to America for their gardens, but I escaped, becoming wild once again. Free in the new land, I searched for good ground. Along the way I meet and fell in love with the tomato, a relationship that has been nurtured ever since. I also flirted a lot with zucchini, and was often the toast of the cucina. Then I met my sister (so they tell me) Marge and the confusion began again. Will it be her green leaves or my white flowers? Coarse rigini from Greece, or dried for a sprinkle? Her sweet oil or my intense concentrated oil? Did you know it takes 200 pound of my leaves to produce a single pound of my oil? Anyway, no matter what I end up being called, I am essential in pizza, pasta, and many chili powders. I am popular in blossom, in fresh green leaf, or dried. I am often used as a healing tea. My nutrients include calcium, potassium, vitamin A, magnesium, phosphorus, and iron. Don't carry me in a baggie or you'll be suspect. See the answer at <http://web.me.com/lesgau/BCCASA/Welcome.html>

## BCCASA in The Media

There are two great publications to report in this issue. The first comes to us from Alison Bell who featured an article in the Fall 2011 edition of Taste and Travel Magazine highlighting her unbelievable adventure to the Sacred Valley . You can see the article in its entirety at <https://tasteandtravelmagazine.com/media/fall2011/Peru%20story%20from%20issue%203%20xmag/index.html>

The other comes to us from the Take a Bite of BC program. Three programs were featured in a short video that was played for the 500 plus farmers, politicians and industry guests attending the annual agriculture gala in Abbotsford this past January. The video was played just before the very same desserts were served by the event staff as a thank you to all that support our students and of course the Take a Bite of BC program. To view the video, visit the Agriculture in the Classroom website at <http://www.aic.ca/bc/index.php?page=take-a-bite-of-bc>



If you have anything that you would like to share with BCCASA? Send your photos, write ups and articles to Daniel Lesnes or Trevor Randle and see your submissions posted on our website and published in the next Bouquet Garni!!

# Farm to School Arrives in British Columbia

## What is Farm to School?

Farm to school is not a new idea – it is a best practice operating in communities across the continent. One of the first programs was developed in Santa Monica, California (<http://www.cde.ca.gov/ls/nu/he/farmtoschool.asp>). Their program sought to connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities, and supporting local small farmers. In Canada similar programs have emerged, such as the Toronto Food Share Salad Bar program ([http://www.foodshare.net/toolbox\\_salad01.htm](http://www.foodshare.net/toolbox_salad01.htm)). Today farm to school programs are organizing and linking through networks such as *National Farm to School Online* in the United States (<http://www.farmtoschool.org>).

In recent years, Farm to School programs emerged in a few locales in BC. However the notion of an initiative to support a network of Farm to School *Salad Bar* pilots in more rural and remote areas really took shape in the spring of 2007, during a Food Forum in Prince George, BC. The air was alive with salad bar excitement as a crowd of community food security enthusiasts listened to Debbie Field, the CEO of Toronto Food Share, speak about the concept. A whirlwind of activity followed as representatives from east met west creating a proposal and laying the foundation for a network of Farm to School Salad Bar Programs in communities within the interior and northern regions of BC.

In the spring of 2007, Northern Health was able to fund the first of these pilots at Dragon Lake Elementary School in Quesnel, BC. An evaluation report entitled: *Changing The Way We Think About Feeding Our Kids* has recently been released. The author concludes the program was “remarkably successful” - contributing to increased fruit and vegetable consumption, and enhanced knowledge and expertise about food, and the local food system amongst participating children.

By the fall of 2007 the concept caught the attention of the PHABC, a member of the BCHLA. The PHABC sought to support a program that utilized a health promotion approach to increase access to fresh vegetables and fruit for food insecure families. In January of 2008, BCHLA committed funding to the PHABC to design, develop and implement a Farm to School Salad Bar pilots in at least twelve schools.

source: <http://www.phabc.org/modules.php?name=Farmtoschool&pa=showpage&pid=40>



# BUDGET REPORT

For the Year Ending December 31, 2011

## INCOME

4099921 Income Surplus	17683.30
4099923 Conference Surplus outside account	9000.00
4099930 Membership / subscription fees	390.00
4099931 BCTF Grant	5000.00
4099934 Interest income	29.32
4099934 Interest Income	41.87

**Total Income** **\$32,115.17**

## Disbursements

4099961 Publication- newsletter	905.93
4099969 Publication - equipment	2494.62
4099971 Equipment Purchase	178.06
4099979 Miscellaneous	41.03
4099980 Conference operating	10000.00

**Total Expenses** **\$13,619.64**

**Balance as of June 30, 2011** **\$18,495.53**

**Outside Account Balance** **\$1966.58**

**Total Balance** **\$20,462.11**



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

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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>