

# Bouquet Garni

"Our lives are not in the lap of the gods, but in the lap of our cooks."  
 -Lin Yutang, The Importance of Living, 1937



## In This Edition



**Discovery China Remembered**  
 Page 3

**Telling Our Story: ACE-It and More**  
 Page 5



**BCCASA Member Achievement**  
 Page 6

**Take a Bite of BC Report**  
 Page 6



**Financial Report**  
 Page 8

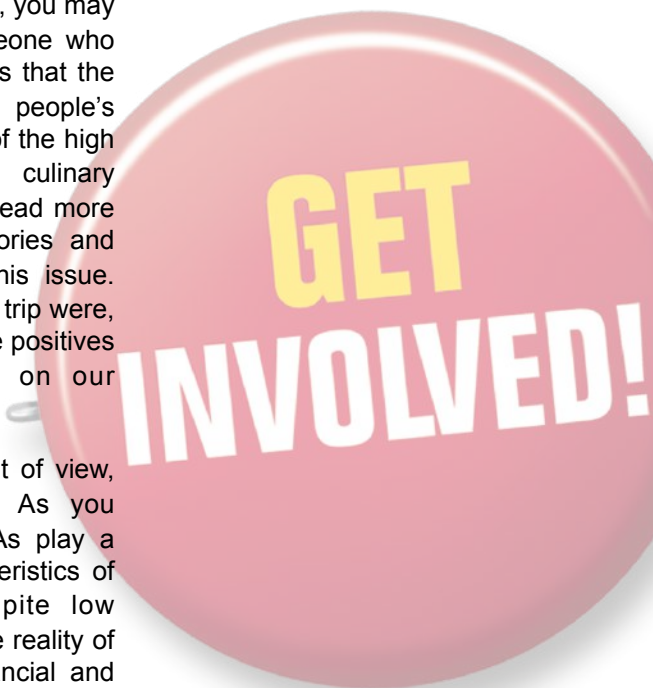
## President's Message

submitted by Chef Eric MacNeill - Dover Bay Secondary

If you were not on the China trip, you may have heard about it from someone who was. The general consensus is that the trip was the highlight of most people's traveling experiences and one of the high points of BCCASA's organized culinary educational events. You can read more about some of the shared stories and noteworthy reminiscences in this issue. As fond as my memories of that trip were, I would like to focus more on the positive aspects that the tour had on our association in general.

From a strictly a numbers point of view, our membership is growing. As you already know, even small PSAs play a vital role in the unique characteristics of their own associations despite low membership. But sometimes the reality of those numbers can cause financial and

legitimacy concerns as the BCTF determines the viability of some PSA's. The Rural PSA has fallen victim to its low numbers. But even the large PSAs acknowledge that small PSA are an intrinsic part of both its own association and the whole PSA structure. An active and relevant PSA provides a dynamic function for all BCTF members regardless of its size. We will never have the numbers that the Intermediate PSA has (925) or even the Home Ec. PSA (284) but as mentioned we are growing. For BCCASA the last two years our membership numbers are at 66 and 69 with 9 year average of 49. Why am I writing about something as concrete and inanimate as membership numbers when the opening paragraph is about a life experience that enhances our professional and personal lives? Are the



# President's Message

continued:

two dichotomies related? I would say absolutely. We need to grow our membership numbers by growing our presence and our objectives. The two are symbiotic.

By offering tours such as the China trip we are encouraging growth, both in the practical sense and the psychological sense. We need to please the people that see only the numbers and we need to please our members. Our members can benefit from what BCCASA can and will offer, while keeping our numbers healthy. Ensuring our existence can only be done with this mutual relationship. The title of this message is called the "The Spirit of BCCASA" because I can see how trips like the China one not only make our association buoyant but adds to our whole personality. And this perspective feeds into itself making our association even more successful.

But our executive is growing smaller while the pool of members to recruit new executives from is relatively small. If you like the direction that your association has taken in the last few years, if you enjoyed the conferences and tours, the communication in our journal and the e-mails, you may want to think about taking on an active part in it. Or if you want to take the association in a new direction that can happen too. As you know there are some issues that have had a negative impact on our working conditions specific to a teaching kitchen. And these issues can remain unresolved or are being resolved at a painfully slow pace. Examples of this are the closing of some teaching kitchens and TQS not recognizing the red seal. So perhaps a more aggressive approach is needed. A new executive member might have a more steely resolve. But obviously the point is: the way to keep our association alive and well is to keep the activities vibrant and energetic and to keep pursuing issues as they arise. Like the old Uncle Sam poster says "we need you".

If joining the executive sounds daunting, keep in mind that our current and past executives have at some point decided that for the extra work involved there was some rewards in return. But we can grow weary and we can't always keep ideas fresh. When things begin to go stale or the spirit of BCCASA diminishes our association can start to slide in the both perspectives that I have been referring to. So please consider joining the executive. We need your new ideas, new points of view or new motivation.

Now I do understand the commitment that may be required can be intimidating. Arguably, that may be the case, at least initially but take my word for it, things get progressively easier. But there are still things you can do if joining the executive is not for you. Hosting a conference can be both challenging and fun, but the satisfaction and fulfillment can be the reward all itself. And keep in mind that it keeps the spirit of BCCASA full of life. Or you can submit an article to the Bouquet Garni celebrating your success in your program, voicing your displeasure on any relevant issues that may arise, or just keeping in touch with likeminded Chef Instructors.

The energy that the China trip created was just the boost we needed. It demonstrated that with some effort what we put into our association has immense returns. And those dividends perpetuates to even more successes. So let's keep BCCASA strong and spirited.

ABBY KID COOKS TAKE A BITE OUT OF B.C.

Scramble to serve up to 250 people



It is a well-known fact that the state of North Carolina is a major producer of food products. In many ways, it is a food state. The state's food products are not only a source of pride but also a source of income. The state's food products are not only a source of pride but also a source of income. The state's food products are not only a source of pride but also a source of income.

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# The People That We Met In China

submitted by BCCASA Membership



There is a lot to write about on our trip to China. Of course the main attractions were Tiananmen Square, the Forbidden City, the Great Wall and for some of us the Terra Cotta Warriors. Then the cooking school, snack ally, the meals, the Chinese Acrobats, The Ming Dynasty presentation, the jade factory, the silk factory, the shopping and on and on. The memories were many and warmhearted. But I would like to reflect on the people that made that trip so special.

First there was Wilson. He was one of our guides who gave us more than the sights and sounds mentioned above. He was there to meet us at the Beijing Airport at 3:00 am when some of us delayed by twelve hours. We arrived brain dead after a grueling flight fully expecting that at that time of the night no one would be there to get us to our hotel. There could not have been a more welcoming feeling to erase the bad memories of the previous 24 hours. His pleasing personality, knowledge about the city and its people were on going. I always had the feeling that he cared more than what you would expect from a person in his position. To him it seemed like more than a job but a conviction to showcase his city and his life. What I especially liked was his stories of what it was like to grow up during the Cultural Revolution. And he was critical of his own government, giving us a well rounded insight into life in Beijing past and present. When obstacles occurred he came up with solutions on the fly. Boarding the train to Xian was dealt with in a creative manner when our travel documents got messed up. And when we missed our return flight to Vancouver, Wilson put in many hours at the airport to provide us with accommodation, food, finally to arrange our flight home. When I get a cat I will call him after Wilson's cat "Meow Tetsung".

# The People That We Met In China continued:



Fresh Water Pearls



Home Cooking



Carving Beijing Duck



Tiananmen Square



Street Food - Fried Scorpion



Chinese Tea Ceremony



Spring Rolls with Two Chef Instructors



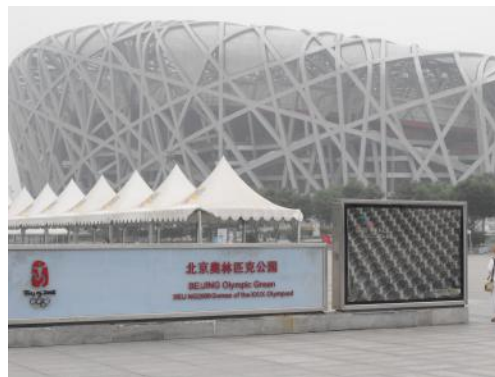
Kung Pow Chicken



A Quick Demonstration



Hand Pulled Noodles



The Bird's Nest



Scaling the Great Wall

## Telling Our Story: ACE-IT and More

submitted by Chef Alison Bell - David Thompson Secondary

A disclaimer of sorts...

Over the past several years, I have been delivering the ACE-IT PC1 program in the Teaching Kitchen at David Thompson Secondary School in Invermere. As a culinary educator, I have always felt strongly that my students should be given any and all opportunities available in our province to further their training and to help them get a jump-start on their careers. ACE-It is an invaluable culinary training model that helps to put BC at the forefront of learning across Canada. Many Teaching Kitchens across the province are offering wonderful PC 1 programs and devoted chef instructors in numerous schools are providing young cooks with sound training. Teaching Kitchens that are located in, or near, large urban centres and that have thriving hospitality industry opportunities, with a wide variety of restaurants, are in the ideal location to deliver the PC 1 program. On the other hand, our little corner of the province is at a bit of a disadvantage, when it comes to ACE-IT for a few reasons.

First, we have a small population- 3000 permanent residents in Invermere- with relatively few restaurants that one might describe as "fine dining." Those restaurants or hotels that would be ideal for our ACE-IT students cater almost entirely to the seasonal population and therefore work experience opportunities are very difficult to find during the school year. Not to mention that the majority of our students who go on to post secondary culinary training head for Calgary and SAIT. At the moment, the BC certification is not transferrable. But, having said all that, we have been able to provide some terrific training opportunities for our students in addition to the prescribed learning outcomes of the PC 1 program.

We include butchering, sausage-making, smoking of meats and fish, ice carving, artisan bread-making, cheese-making, farm visits, cultivation of vegetables, greens and herbs in our greenhouse, food ethics and a la carte menu preparations and buffets at

specialty dinners and special events. While our numbers are very small- only one student completed the PC 1 program last year- and in keeping with my philosophy of providing opportunities to all students, urban or rural, I have worked with our training partner College of the Rockies in Cranbrook and Chef Instructor, Tim Curnow, to ensure that the students at DTSS are receiving a sound culinary education that meets the requirements of the ACE- It program. As I said, I have always worked to "level the playing field" when it comes to ACE-IT opportunities for my Cook Training students. That is, until this year.

After much consideration, and in consultation with our administration, we have decided that with declining enrollment- we are now hovering at about 400 students, down from 650 when I started the program 18 years ago- and a 1.5 hour drive from our partner training facility, DTSS is currently facing too many obstacles in its endeavour to offer this program effectively. That is not to say that in the coming years, we won't be able to offer ACE-IT again. The Cook Training program is still thriving and our cafeteria continues to be the heart of our school.

And, now to the point...

In the coming months, I would like to highlight some of the amazing programs that are being offered around our province by our BCCASA members. There are many ACE-IT programs that are receiving accolades, and here is where you come in. Please contact me, if you would like to be included in an article about ACE-IT. If you do not offer ACE-IT, please share other exciting culinary opportunities you are providing in your Teaching Kitchens. I know there are so many stories to tell. You can reach me at [alison.bell@sd6.bc.ca](mailto:alison.bell@sd6.bc.ca)



## Take a Bite of B.C. Reports

submitted by Chef Trevor Randle - Maple Ridge Secondary School

Take a Bite of B.C. is up and running to all 37 teaching kitchens at the same time for the entire year. September saw an amazing delivery of turkeys, bell peppers, cucumbers and blueberries straight from the producers to our teaching kitchens. I even had the extreme honor of hosting a tour for some local blueberry sponsors. They arrived in my teaching kitchen to see the first of our Take a Bite of B.C. service in action. I think that they were absolutely amazed by what they saw. A full commercial kitchen in a school, students in their whites and their yellow aprons serving hundreds of other hungry students in a very short amount of time. Just like it is important for us to hear and be a part of the farmer's stories, we have a story to tell as well and a quick visit to any one of our teaching kitchens is worth a thousand words. We too have a story to tell and that is why the partnership with the farmers through Take a Bite of B.C. is such a valuable one. On that note, it is not possible to get all of our sponsors into teaching kitchens for a visit. The life of a farmer does not always allow for the opportunity to leave the farm, but through lots of pictures and testimonials from chef instructors and students of the TBBC program, the story that we have to tell can get to the farmers. Please send any pictures and/or write ups to [tammy@aitc.bc.ca](mailto:tammy@aitc.bc.ca).



## Lesnes Brain Teaser # 29

submitted by Chef Daniel Lesnes - Garibaldi Secondary



You want all of me and I'm yours, year round with peaks in the spring and fall. If you like me because you think I'm Asian or Chinese, I guess that I should admit that my origins are probably really Mediterranean, even though I'm the main type of my variety eaten in Japan and China. If you like 'em young, I'm for you, since I'm really only half-grown when chosen. I'm thin-skinned, bright, light, fresh, crisp and sweet, and that's what you like about me. Some call me flat and thin, but I'm a broad known for my model figure and I figure well in a model's diet as well. While you delight in every part of me, it's seldom my seeds that make you yearn for me, unlike others of my sort. It's my tiny seeds' immaturity that lets me keep my slender profile. If you wait until I grow and swell, you'll find me inedible. You love me when I'm raw and can take me plain or dressed. But, get me all hot and stirred up and you adore me. Don't wash me until you need me though, because I'm very delicate. Just treat me to a light shower and gently pat me dry, then go ahead and pinch me at the top and bottom. Pull my string or just eat it; either way, I'm a taste treat with tempting texture and I'm a source of vitamin C and potassium, as well as iron, folic acid, magnesium, thiamin, pantothenic acid, vitamin B6 and phosphorus.

## BCCASA Member Achievement



A huge congratulations goes out to long time BCCASA member Brian Smith for completing his BA in Education through the University of British Columbia just this past summer. Brian has worked for many years on his BA in conjunction with his career and extra curricular activities such as BCCASA treasurer and active Take a Bite of B.C. member to achieve his goal.



# Unique Professional Development for Chef Instructors

submitted by Chef Alison Bell - David Thompson Secondary

## Professional Development Opportunity? A Dream? Or, Both?

This may seem like a pipe dream, or maybe a little short notice, but the Hautes Etudes do Goût intensive course sounds like a great opportunity. BCCASA Conference 2013, perhaps?

### HEG - Hautes Etudes du Goût

Institute of Advanced Studies in Taste, Gastronomy and the Arts de la Table

A unique, multidisciplinary course program that encompasses the many facets of the world of gastronomy

2012 session : From 15 to 27 October



*Hautes Etudes du Goût*



**LE CORDON BLEU.**

*A commitment to excellence since 1895.  
Gastronomy, Hospitality & Management*



**UNIVERSITÉ  
DE REIMS  
CHAMPAGNE-ARDENNE**

## A two-week original and intensive course

Existing schools may teach technologies related to food, physiology and nutrition, the history of taste or cooking, but no school has ever adopted our multidisciplinary approach to taste and gastronomy.

The Hautes Etudes du Goût have opted for a three-pronged historic, scientific and economic approach to foods and beverages, the environment in which they emerge, their production, culinary transformations, presentation and tasting in order to make their cultural value known and appreciated, while acquiring a 360° vision of the complex world of gastronomy today.

The Hautes Etudes du Goût's commitment is to provide students with the cultural and scientific tools needed to enhance their professional skills and enrich their personal lives.

Proactive and innovative courses are taught (in French with English translation) by top-notch University professors as well as leading national and international experts. Theme-based meals are also organized.

The program takes place one week in Paris (Le Cordon Bleu) and one week in Reims (University of Reims Champagne-Ardenne, 45mins away from Paris by high-speed train).

For more information about this opportunity, visit:

<https://www.cordonbleu.edu/index.cfm?fa=ProgramsFrontMod.showCourseResult&inCampusID=1&TagID=21>

# BUDGET REPORT

For the Year Ending June 3, 2012

## INCOME

4099923 Conference Surplus outside account	9000.00
4099930 Membership / subscription fees	1800.96
4099931 BCTF Grant	5000.00
4099934 Interest income	152.59
4099939 Other	-1135.11

**Total Income** **\$14,818.44**

## Disbursements

4099950 Meeting-executive	2321.40
4099961 Publication- newsletter	1424.86
4099969 Publication - equipment	2494.62
4099971 Equipment Purchase	178.06
4099979 Miscellaneous	43.61
4099980 Conference operating	10000.00

**Total Expenses** **\$16,462.55**

**Balance as of June 30, 2012** **\$16,039.19**

**Outside Account Balance** **\$1512.70**

**Total Balance** **\$17,551.89**



## 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>