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From the Desk Of President Eric MacNeill

Are we ahead of the curve, or what? Are we trending where everyone else is still in the Sony Walkman, Commodore 64 and platform shoes era? When I say "we" I mean the Culinary Arts Programs in high schools around British Columbia (and Alberta). Lately I have come across numerous on-line and newspaper articles from around North America struggling with the childhood obesity issue, both on the problem itself and the seemingly massive obstacle on how to deal with it. With much hand wringing and complete puzzlement these articles hint that maybe the solution could be found in providing attractive, but healthy food alternatives right in the schools. If only, they seem to imply, we could have chef's that would teach kids that eating healthy can be fun and delicious. And as many jurisdictions introduce healthy schools initiatives they ponder: if only we could stop the mass exodus of students to nearby fast food joints. But how, they wonder? If only there is a place we can look to for help, an example of where to turn to change the direction of our children's eating habits. Come on you guys... turn your heads west and see what the Culinary Arts Programs in British Columbia have been doing for decades.

In the United States, to battle childhood obesity, Michele Obama introduced "The Chefs Move to Schools program." In this program, founded in May 2010, an integral part of First Lady Obama's *Let's Move!* initiative has its goal of solving the childhood obesity epidemic within a generation. On their website is a platform for chefs and schools to create partnerships in their communities with the mission of collaboratively educating kids about food and healthy eating. About this program,

Michele Obama says "We are going to need everyone's time and talent to solve the childhood obesity epidemic and our nation's chefs have tremendous powers as leaders on this issue because of their deep knowledge of food and nutrition and their standing in the community". Although I truly love what First Lady Obama says about chefs you should notice below what she is asking and what really separates us from them. I have highlighted the key word more in puzzlement than anything else. On their website is written: "Chefs, we need your help to teach children that eating healthy foods can be fun and delicious. **Volunteering** allows you to teach, inspire and motivate children to change their eating habits and play a role in beginning to turn the tide on the obesity epidemic. Schools that sign up to partner with chefs receive menu ideas, culinary training and help teaching students about the importance of healthy meals. Partnering with chefs also helps schools build excitement about their school meals programs with students and parents." I have to ask how sustainable or even prevalent it is to the success of that program to ask chefs to volunteer their time on an ongoing basis. There is a model Obama can look at to see a successful program, both in duration and pervasiveness. Look here, Michele, look here. In Ontario Dalton McGuinty, the premiere at the time, introduced its Healthy Schools strategy in 2010. Yet, according to the online Hamilton Spectator (Jan. 15, 2014) many high school students seems to be abandoning the school cafeteria in favour of the nearby fast food outlets. That exact sentiment is found in the Windsor (Ont.) on-line edition of the Star (Dec. 13, 2013).

Continued (See President on back page)

Chefs, as a whole, say yes to any project, fundraiser, or tasting because they have such a generous spirit.

[Charlie Trotter](#)

TECHNOLOGY IN CULINARY ARTS EDUCATION

Researching topics and ideas to put into the Bouquet Garne has been a taxing and interesting endeavour. What kinds of things, should be included, that might appeal to Chef Educators who teach, somewhat, in a vacuum. What are we all doing? Similarly? Differently? How can we share that information with each other to improve our programs; to adapt, to compensate, to ensure our programs are not on the chopping block by our districts. I came across a dissertation and I stole the opening paragraph that follows. At least I found it (the dissertation) interesting.

A culinary educator

must make many decisions that affect the day-to-day activities in both the classroom and the lab. One of the more important decisions is how to select the most appropriate technology to implement for use in teaching and administrative activities. The research presented here is intended to help the educator identify specific needs, decide where the use of technology is desirable, and offer information designed to help the educator make an informed decision about using technology as a teach-

ing tool.

Here is the link to the entire document. I would recommend that everyone read it. It is a couple of years old but the content is still relevant. Just copy the link below and paste it into the menu bar.

<http://digitalscholarship.unlv.edu/cgi/viewcontent.cgi?article=2050&context=thesesdissertations>



One of the biggest problems with young chefs is too much addition to the plate. You put cilantro and then tarragon and then olive oil and then walnut oil or whatever. It's too much.

Jacques Pepin

Rest in Piece

Sad Passing of Doughboy

Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children:

John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes.



Why culinary teachers should consider operating a personal-chef business as an adjunct career.

- 1. More \$\$\$.** A salary is a salary. A gallon of gas, on the other hand, is a constantly changing commodity, as is the cost of food and housing. Many families are looking for ways to supplement their salaries to cover the changes in the cost of living. A second income for a culinary educator can be a financial boon—albeit a challenge to one's schedule without control. Setting up a personal-chef business can provide not only the business structure necessary to operate legitimately in any municipality, but also offers the flexibility required in scheduling client cook dates that do not clash with scheduled classes.
- 2. Polish skills.** What better way to hone both culinary and people skills than to own and operate a professional personal-chef business? Such an entrepreneurial endeavour reflects two things: the chef's 1) level of expertise and 2) personal requirements regarding the level of service being offered and scheduling time constraints. Serving clients keeps skills sharp. Food trends that clients ask for and special challenges that personal chefs are asked to accommodate keep chef-owners on their toes.
- 3. Frontline credibility.** Walk the talk. A successful business of one's own is the goal of most culinary students. If the instructor is a living example of successful personal chef-business ownership, he or she becomes more credible and more valuable to the students and the institution. Inspiration is a powerful teaching tool.
- 4. Build a retirement career/project.** Americans are living longer now. Most people approaching retirement are looking for ways to supplement their post-retirement income in a way that provides creative satisfaction as well as money, but does not diminish their enjoyment of being retired. Owning and operating a personal-chef business establishes an income-generating concern that is controlled by the owner. Cook dates are scheduled as frequently or as seldom as you, the chef-owner, elect. Clients are interviewed and confirmed by you, and you also determine the levels of service offered and appropriate pricing for services.
- 5. Reasonable start-up fees.** There is no physical location to build out, no capital equipment to install and maintain and no staff to train and/or manage. A good professional program from an organization that also provides ongoing support, access to appropriate insurance coverage and resources and benefits such as software designed to assist in running the business is a good investment in terms of saving start-up capital and start-up time. Ongoing visibility and professional representation, as well as access to a professional network, is also a plus when operating a small business of your own, and can contribute to your success, as well as provide professional credibility for your new business. Check into sources online or at the library of your school.
- 6. Seasonal clients.** A personal-chef business can be operated seasonally—during spring and summer breaks and winter holidays—to accommodate the owner's schedule. Personal chefs frequently provide services specifically designed to accommodate clients seasonally in resort and vacation areas. Ski or beach service can be offered through high-end real-estate-management companies, and specific "vacation" service can be offered in advance of the season so the chef-owner is booking clients prior to their arrival.
- 7. Control your own destiny.** No two personal-chef businesses are alike. They each reflect the goals and personal requirements of the owner. Scheduling and level of service offered are up to you, and can accommodate a range of clients looking for anything from simple family fare, medically specific support, fine-dining programs or service for professional athletes or high-profile celebrities. What works for you is the rule that rules.
- 8. Satisfaction.** Delicious, well-prepared food is how we as chefs show up in the world. Personal service is the other equally valuable commodity. Not only are personal chefs offering their clients custom-designed, palate-specific meals prepared from fresh ingredients, but also peace of mind in knowing a professional is paying scrupulous attention to what the client wants and needs to be supported in a busy, stressful, not-always-healthy food world. Knowing that the food and service you provide contributes to the well-being and quality of life of the client is deeply satisfying on several levels.
- 9. Reflect who you are.** Pride in the end product is satisfying for chefs. As personal chefs who custom-design programs specifically developed to support the well-being of clients, accommodating needs and wishes important to the reduction of stress and contributing to well-being satisfies another common trait of many personal chefs, who tend to be accommodators. To be appreciated for the contributions made to clients' lives is a validation that resonates.
- 10. Get paid to shop, cook and nurture.** I started this career path 20 years ago for myself when I closed a restaurant. It was intended to be a way for me to continue to cook professionally, on my own terms. No more worrying about whether or not the dishwasher would show up, whether the servers could be counted on, and if the line would function without drama that would affect service.

This was reprinted without permission from **Guest Speaker: Cooking on Your Terms—on the Side but it was interesting.**

BCTF
Y750 BC Culinary Arts
For the Eight Months Ending February 28, 2014

	Current Month	Current YTD	Original Budget	Percent Used
Income				
4099921	0.00	18,462.02	18,462-	100.0
4099923	0.00	0.00	1,000-	0.0
4099930	79.88	544.63	0	0.0
4099931	0.00	0.00	5,250-	0.0
4099934	0.00	45.13	200-	22.6
4099939	0.00	0.00	500-	0.0
4099940	0.00	0.00	6,000-	0.0
4099941	0.00	3,000.00	0	0.0
Total Income	79.88	22,051.78	31,412-	70.2
Expenses				
4099950	106.00	1,187.83	5,000	23.8
4099952	0.00	96.51	0	0.0
4099961	0.00	131.40	3,000	4.4
4099962	0.00	0.00	1,000	0.0
4099969	0.00	0.00	2,000	0.0
4099970	283.87	283.87	0	0.0
4099971	0.00	4,027.94	2,000	201.4
4099979	0.00	41.34	412	10.0
4099980	0.00	8,000.00	8,000	100.0
4099981	0.00	0.00	5,000	0.0
4099982	0.00	0.00	5,000	0.0
Total Expenses	389.87	13,768.89	31,412	43.8
Total	309.99	8,282.89	0	0.0



2013 Outstanding Teacher Award

Agriculture in the Classroom

Congratulations to BCCASA's very own Chef Gerald Worobetz who was honoured at the Annual Agriculture Gala. Gerald was awarded the 2013 Outstanding Teacher Award from the Agriculture in the Classroom Foundation for his excellence in teaching so many the importance of purchasing, cooking and eating B.C.'s amazing agriculture. Over the years Gerald has been a dedicated ambassador for BC Agriculture in the Classroom. He has been a strong supporter and promoter the Take a Bite of BC Program, and was instrumental in creating a Pro-D Day for all the chefs on Take a Bite of BC. He has always willingly volunteered his time and resources to help promote our message



"Chef Wade's Ace-it students (at Burnaby Central) are busy working with Chef Dominique Jerry learning how to cast, pull and work with blown sugar as well as learning the technique behind tempering and using chocolate. Chef Dominique and his assistant Yoshi Fukuoka owner of the 'Cocoa Pod' (info@lacocoapod.com) are truly talented artists and the students enjoyed working with them practicing sugar art. The Cocoa Pod is a Richmond supplier who generously supplied all the silicone molds, sheets, flexi pans, chocolate molds, chocolate transfers, scales, candy thermometers and equipment like tempering machines used for chocolate making. "

Courtesy of Chef Miriam Borys Culinary Arts Instructor Burnaby Central Secondary



**If you want to become a
great chef, you must
work with great chefs.**

Gordon Ramsey





Chef Miriam Borys
Culinary Arts Instructor
Burnaby Central Secondary
604-296-6850 ext. 602224



Chef Miriam Borys' cafeteria, catering and baking students (Burnaby Central) are busy preparing for a couple of large catering jobs to finish off Semester 1. The students have baked and decorated 1000 pieces of tasty desserts to serve at the course selection evening tonight at Burnaby Central.



Hosted by

Chef John "The Beast" Buist

At

Lord Tweesmuir Secondary

Thursday May 8th

For info contact

buist_j@surreyschools.ca

It is only a rumour that the caricature above is representative of John.

Musings about who we are and what we do.

I am looking for submissions to include in Bouquet Garni, our BCCASA newsletter that goes out to all members. If you could write a short blurb, or long one if you so desire, about what you are doing in your program, what kinds of meals you are producing, how you are attracting students, etc., and send it to me by Feb. 15th, I will try to incorporate it into the newsletter. (that way we can beg, borrow, or steal ideas from one another and make all of our programs work a little better)

What kind of administrative support/hurdles are you facing? Is it mandated that you must turn a profit? How are you compensated for your prep and your lunch time? What kinds of field trips do you do, or do you do them? How is Agriculture in the Classroom working for you? Tell me about your cafeteria assistants? Do they have any training in a commercial establishment?

Also, Lori Pilling (lpilling@deltasd.bc.ca<mailto:lpilling@deltasd.bc.ca>) is looking for submissions to include in "what's Cooking" to help us all keep informed.

Anything that you find interesting and think that others might as well will be greatly appreciated.

Bob Whitford

whitford_r@surreyschools.ca
Tamanawis Secondary School District #36 (Surrey)



Just a thought, your ideas and thoughts above might be better served as a professional development day than a news letter. I would be most interested in attending a day that would revolve around meeting and discussing ideas and and problems/solutions in running a cafeteria program.

- After a few years of fundraising our greenhouse is up and running. Like and share us on facebook. <https://www.facebook.com/gisscooks?fref=ts> Have a look at this. Some outstanding work by one of our own and further accentuates Eric's report.
- Very good cooks who are employed as 'chefs' rarely refer to themselves as 'chefs.' They refer to themselves as 'cooks.'

[Alton Brown](#)



REGISTRATION FORM - CCEA CONFERENCE 2014

(Winnipeg, Manitoba)

In 2012 we visited the east coast....

in 2013 we visited the west coast....

This year come to the centre of it all...

Winnipeg

Join us from June 19 to 22, 2014 and experience

“The heart of the continent”

On Friday we will visit the Patterson Global Foods Institute in the Exchange District for a tour of Canada's newest and most up to date Culinary Arts and Hospitality training facility. Following our AGM we will have lunch prepared by RCC Culinary Arts students and then a choice of an afternoon tour of historic downtown Winnipeg, or golfing, or shopping or a visit to the Forks. Friday night will be a free evening.

On the Saturday we will be visiting several schools in Winnipeg, have lunch, an equipment demo by Garland Canada and visit an estate brewery-gastropub which actually grows all the hops and barley for their product. Saturday evening will be our gala dinner and windup. If you have a late departure on Sunday we have an optional extra of Brunch at the Fort Garry Hotel – it is extra cost but is a fabulous experience.

CONFERENCE RATE: \$300.00 PER PERSON

2014 CONFERENCE PROMOTION

Paid up CCEA members (dues paid by February 15, 2014) who register and pay their Conference fees by March 1, 2014 will have their names entered into a Raffle to be drawn on Saturday June 21, 2014. Two prizes of one CCEA 2015 Conference fee will be paid by the CCEA 2014 Conference. Two names will be drawn and cheques will be sent directly to the CCEA 2015 Conference account upon receipt of confirmation of registration. So pay your CCEA dues early and register and pay for the CCEA 2014 conference early as well for a chance to win.

NAME: _____

TITLE/POSITION: _____ School/college _____

HOME ADDRESS: _____

WORK ADDRESS: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE _____ E-MAIL: _____

Please fill in details and send this registration-information form for each attendee. Receipts upon arrival and registration. You may optionally copy this form, fill it in and email it to us provided you please send your check promptly.

SEND REGISTRATION FORM AND CHEQUE FOR \$300.00 PER PERSON TO:

CCEA CONFERENCE 2014

c/o Andy Ormiston.
53 Thatcher Drive
Winnipeg, MB
R3T 2L4

Cheques are payable to:

CCEA-MB 2014 Conference

and should accompany the
Registration Form

Home Phone: (204) 253-0487

School Phone: (204) 482-6926 ext 3216

School Fax: (204) 785-2571

Email: aormiston@lssd.ca (preferred)

SPOUSES AND FRIENDS ACCOMPANYING DELEGATES WILL PAY \$300.00. NO PARTIAL FEES

TRANSPORTATION:

Make your flights to Winnipeg International Airport. The hotel has parking if you are driving in.

ACCOMMODATION:

Place Louis Riel Suite Hotel in the heart of Winnipeg has graciously provided us an extremely good rate. They are right downtown close to RRC, the Forks, the Exchange District, the Winnipeg Art Gallery, the new Human Rights Museum, shopping and numerous restaurants.

Room Rates

Their price is \$129.00 per night plus taxes for either a studio suite (450 sq.ft.) or a one-bedroom Executive suite (550 sq.ft.). All suites include kitchen facilities.

Hotel reservation desk direct: 1-800-665-0569

You must quote: "CCEA2014" to receive the above rates when booking by phone and also if booking online: www.placelouisriel.com

Delegates will be responsible to make and pay for their own hotel reservations.

EXCLUSIVE OFFER TO

DELEGATES OF

CANADIAN CHEF EDUCATORS

ASSOCIATION CONFERENCE 2014

Executive Studio Suites

\$129 per night

Executive One Bedroom Suites

Hotel Amenities & Services

Spacious modern suites

Complimentary wireless internet,

Local calls and fitness centre

Large work desks

Ergonomic task chairs

Leather furnishings

Flat panel LCD HDTVs

Full Kitchens with granite counters

President's Message, continued from page 1.

"Once the Ministry of Education's school new food and beverage policy took effect, the lines definitely got shorter for the cafeteria." In the Dec. 14, 2013 Ontario edition of the Globe and Mail read the headlines: "Overhaul needed to stop cafeteria exodus." "Unhealthy food bans drive students to seek out fast food".

That exodus, noted by Ontario Auditor-General Bonnie Lysyk in a report released late last year, confirmed those findings by stating that "cafeteria sales plunged by 25 to 45 per cent." The Toronto District School Board, in an effort to combat the projected loss of \$700,000 in sales and the closing of 32 cafeterias, has borrowed a strategy used by celebrity chef Jamie Oliver. They enlisted Susar Lee to help launch "My Food My Way" a program that includes students in the process of cafeteria makeovers, from creation of menus to décor. However if you approach this exodus from strictly an economic point of view, you only get half of the story.

From a healthy eating point of view you get a more complete picture. A study conducted by economists at Columbia University and the University California, Berkeley in 2009 reports that fast-food restaurants within 150 metres of a school may lead to at least a five per cent increase in the obesity rate at that school. It was also found that youth who study within a kilometer of a fast food outlet eat fewer fruit and vegetables, and drink more soft drinks than students at other schools. What they are suggesting is "a ban on fast foods in the immediate proximity of schools". Five years later and I don't see any ban on neighbour fast food outlets and realistically I don't expect that to ever happen. So what is the answer they ask?

What all these articles have in common is a search to find solutions to combat childhood obesity while trying to isolate themselves from the nearby fast food joints. But to them the answers seem to be elusive. "Instead of pushing cafeterias off the cliff of salty fries and fatty burgers into the garden of fruits and veggies, the province should have worked more slowly to introduce healthier options." (Windsor Star) But there seems to be vagueness in their solutions.

The Globe and Mail article was the only one to make a brief reference to anything that resembled teaching kitchens. They mention that two years ago Vancouver's South Delta Secondary School who "helped pioneer the wider effort to make stu-

dents stakeholders in their lunch rooms. They work and eat in the school cafeteria. Participation may win students back." Yet South Delta has a teaching kitchen but that article seems to describe something different.

But why did do they ignore our teaching kitchens? Is it because they don't know we exist? Do we need to promote ourselves more? Obama's initiative indicates that utilizing the chef's knowledge of food is key to change the youths eating habits but it only takes it part way. Could it be that much of a leap to actually hire chefs in the schools? Surely the B.C. model can't be that obscure.

Our teaching kitchens have worked with the healthy school guidelines for about a decade now but we have offered healthy choices from the outset. Our teaching chefs introduce meals more reflective of a traditional era of local, no possessed, made from scratch foods while keeping with the trends of modern demands. Although we do loose some students to eating outside the school I think, because we offer choices instead of outright banishment of certain foods, our teaching kitchens are more successful in attracting business and introducing students to healthy diets than the examples of other areas that I have shown. A study by Dr. David Just of Cornell University shows we are right. "If consumers – especially teenagers – are coerced to abstain from junk food, they'll do exactly the opposite". "One of the main principles behind this is that if you give customers choice, you win the hearts and minds. You will value choice more if it is offered to you". (The Globe and Mail, Dec. 14, 2013) And we have been doing just that. What is so difficult about that? Culinary Arts in B.C. is trending. But I guess we need to do more "selfies" so others know about us.

What you're going to be eating in the next year is decided by chefs. If the consensus is that pot-bellies are in next season, that's what's on your plate. And I think that's a good thing, because we know, obviously, about food. Anthony Bourdain



A jazz musician can improvise based on his knowledge of music. S/he understands how things go together. For a chef, once you have that basis, that's when cuisine is truly exciting.

Charlie Trotter