

CHEFS

QUARTERLY

CCFCC 2011 NATIONAL CONFERENCE





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QUARTERLY

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LET THE FESTIVITIES BEGIN

Over two years of planning, the CCFCC National Convention 2011 is here. We have so much packed into four days that you won't have time to sleep. Food is at the forefront of this convention with the Tastes of CCFCC Canada icebreaker, the Dragon Feast of the Century hosted by 15 of the top Chinese chefs in Vancouver, and an Aboriginal-themed dinner being only a few of the meals we will be enjoying. There are lots of workshops and seminars to check out. I'm looking forward to the workshop on leadership, given by Bluepoint Leadership Development; the apprenticeship seminar by Go2, the resource for people in tourism, on career path mapping; and a keynote talk on sustainability by Robert Clark. The activities keep going for four days, culminating with the national president's ball and awards ceremony. In addition to our Canadian colleagues, we're pleased to welcome our international guests from Iceland, the United States of America, Poland, Ecuador, Chile, and Venezuela.

Prior to the convention, several competitions are taking place at Eat! Vancouver. Eight competitors from across Canada are battling for the CCFCC National Chef award. Two

WACS competitions (the Global Chefs Challenge and the Hans Bueschens Junior Chef Challenge) take place from June 11 to 12. It's the first time a WACS competition has been held in Canada, so we're proud to host both of these world-class competitions. Best of luck to all the competitors.

Inside this special issue, you will more information and highlights about the events taking place in our conference program starting on page 13.

A convention of this size would not be possible without the support of a dedicated and hard-working team, so I want to express my heartfelt thanks to all the volunteers and the countless sponsors who have worked tirelessly to make the CCFCC National 2011 in Vancouver a success. I look forward to meeting and talking with you in Vancouver. Please let the conference team know if you need anything in Vancouver to make your stay memorable.

Donald Gyurkovits
President — BC Chefs' Association



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MAKING A DIFFERENCE

BY CHERYL MAH



World Association of Chefs' Societies (WACS) president Gissur Gudmundsson has been a long time advocate for the profession.

His passion and dedication to the industry has resulted in several leadership roles in culinary associations throughout his career. He's a past president of both the Icelandic Chef Association and the Nordic Chef Association. He's also a honorary member of many chefs associations, including the CCFCC and the American Academy of Chefs.

The globe trotting culinary ambassador travels extensively (160-200 days a year) to network

and to ensure fair opportunities for any country around the world when it comes to education, competitions, humanitarian work and more.

"Running committees with over 60 people all over the world is a big task as cultures, languages, visions and passions are different from country to country and between individuals," says Gudmundsson about his responsibilities.

WACS, the global voice of the culinary profession, represents more than 10 million chefs in 93 countries.

Gudmundsson enjoys travelling around the world to learn about different foods and cultures while building networks and friendships.

"Every time I go somewhere I'm always experiencing new things, meeting great people — it's fantastic," says Gudmundsson, who speaks several languages (English, Icelandic, Norwegian, Danish and Swedish).

Education has been his number one priority.

"I like making a difference for many countries that need education or help with getting opportunities," he says.

Last year, WACS launched the Recognition of Quality Culinary Education program in response to a growing need to identify quality culinary education programs and to establish international standards in culinary education. The first school was approved in mid-January with more than 30 schools in the application process to be recognized.

"I am worried about the education in many countries as there are few standards around which are international. WACS has now launched a culinary education recognition program to help with this situation. It's the first known program in the world to recognize a culinary education," explains Gudmundsson. "Schools are now applying from all over the world and schools not meeting the standard can get help from us to reach it. I believe we, as professional chefs from the old school, have a responsibility to ensure a proper standard of education for the young people in the fast growing world today."

He believes a proper education should include learning the basics in cooking.

"I may sound old fashioned but I believe any chef that focuses on learning the basics in cooking and learns it by heart will have all the opportunities in the world in the future," he says. "All cooking today is based on the basics. I don't like chefs who try out molecular cooking or other experiments in the kitchen if they don't have the basic knowledge and training."

Learning from mistakes is also important.

"Chefs are very passionate and willing to try lots of things and sometimes make mistakes but that's one of the ways to learn — to make mistake. Today, I try to think twice before I act," he says.

The 48-year-old chef has come a long way from his small fishing village roots. Born in the West Fjords of Iceland, he first took an interest in cooking at a young age.

"I started very young playing in the kitchen," recalls Gudmundsson. "I made the decision to be a chef when I was 8 years old and never changed my mind."

After graduating high school at 16, he took courses in cooking while he waited to get into a formal apprenticeship program which was "extremely hard in those days" with very few restaurants offering positions.

"I started working in hotels around Iceland for a few years, cooking while I waited for placement in the apprenticeship program. I never gave up waiting," says Gudmundsson, who finally started a four year apprenticeship when he was 19 years old.

In 1986, he moved to Norway where he started working at a local restaurant. Four months later, he was promoted to head chef with 10 others working under him.

Two years later he opened his first restaurant Geysir in Oslo, Norway. He worked and ran the small exclusive Icelandic restaurant together with two friends for four years. That same year he completed his Master Chef certification, the highest level of certification a chef can achieve in his/her career.

"Working in a restaurant is team work and a lifestyle. I love the passion and stress that follows but at the same time the instant gratification of pleasing other people. Nothing is better than a happy customer at the end of the night. It gives satisfaction for any chef and keeps them going to do more and better," says Gudmundsson.

He left Norway in 2004 and returned to Iceland for family reasons and worked two years as a head master for the only Icelandic private cooking school. He then became the food and beverage manager for the biggest catering company in Iceland.

In 2000, he opened his second restaurant in Reykjavik, Iceland. Tveir Fiskar was a restaurant

which focused on fresh seafood and fish. He eventually sold the restaurant in 2007 to concentrate on running for the WACS presidency, successfully assuming the position in 2008.

Having been a WACS board member for four years, he saw a need for change.

"I felt we were not going anywhere because all the presidents in past were doing this together

Under his leadership,
the organization has grown
and improved its services
to members.

with their own jobs and I wanted to show that if we're going to grow that we needed a president being a president full time," says Gudmundsson.

With support by the Icelandic government and some companies, he's been able to do his job "110 per cent" ever since.

"And we've moved faster in the last three years than we have in the last 20 years," he says.

Under his leadership, the organization has grown and improved its services to members. WACS opened its first permanent office in Paris in 2009 and streamlined its communication tools with a new website and a magazine.

"It's crazy," he admits with a laugh about his commitment. "But at same time, lots of opportunity for me to learn and get to know people and be known so I see the possibility for better career after I'm done."

The WACS president will be visiting Vancouver for the first time to attend the CCFCC 2011 National Conference in June. The annual chefs conference, hosted by the BC Chefs Association this year, will see more than 500 chefs from around the world gathering to participate in seminars and culinary challenges. It will be the first time the world chefs competitions are held in the city.

"I have travelled in many places in Canada and the country is great and has extremely much to offer on the culinary side," he says. "I look very much forward to taste and see what is happening in Vancouver. Knowing that many of the great competition chefs come from Vancouver, it will be exciting for me to see their home playground."

As for the future, Gudmundsson plans to re-run for the WACS presidency next year and maybe open another restaurant.

"I always have been interested in cooking and in the administration of restaurants and still am," he says. "I may cook less today but the interest is still there and who knows, a third restaurant may come up some day."

When he is home, he spends his time with his three year old son and wife Catherine. He also has two daughters from his previous marriage. CQ



THE NEED FOR LIABILITY INSURANCE

BY LAWRENCE KENNEDY



What is liability insurance? Liability insurance is the protection afforded to an individual or entity from a claim of a negligent act. Negligence is defined as the failure to complete a specific act, or completing a specific act causing damages to a third party. When insured, the insurance provides for the attorney defence costs plus any additional awards imposed by the courts subject to the limit of liability insurance purchased.

In today's world, society as a whole has a near absolute refusal to accept any responsibility. As attorneys become more creative in their statement of claim to impose a liable position, the courts can not handle the overflow. This is increasing the length of time that an individual or company is involved with the particular position. In doing so, it also increases the attorney fees paid to defend the position.

With the food and culinary industry in mind, and the broadening of how the industry generates its product and revenues, liability insurance is more important than ever. Whether you are a farm producer, a wholesale distributor, food manufacturer, restaurant, street side cart and most recently food truck vendor, the liabilities that may be incurred are much broader as well. From unknown contaminated product, actions of employees, conditions of premise, wall or ceiling mounted articles,

tables, carpets, flooring and vehicles can all lead to a liable position. In an attempt to reduce exposure, landlords, equipment manufacturers or leasing companies and municipalities are all requiring proof of insurance via a certificate being issued specifically naming the entity. The need for liability protection is now greater than it has ever been in history. In choosing a limit of liability that may be desirable, it is best to purchase the maximum amount available. In terms of cost, liability insurance is incredibly reasonable.

With competition season upon us, and the members of the competing teams travelling to all parts of the world, this poses a significant problem for those involved. It is strongly encouraged that the organizing committees ensure adequate liability protection for the travelling team and ensure the protection of its member teams. This can be obtained through several different means: organizing committee or specific event. It is recommended that you review your specific needs with a professional insurance broker. CQ

Lawrence Kennedy is president of Rand & Fowler Insurance Agencies. He's been selling insurance since 1996 and also teaches insurance through the Insurance Institute of Canada. Contact him for more information lkennedy@randandfowler.com or 604.266.2357.

The need for liability protection is now greater than it has ever been in history.

KITCHEN INNOVATION

Cutting-edge foodservice equipment was recognized with the National Restaurant Association's prestigious annual 2011 Kitchen Innovations Award. Here are some of the winners.



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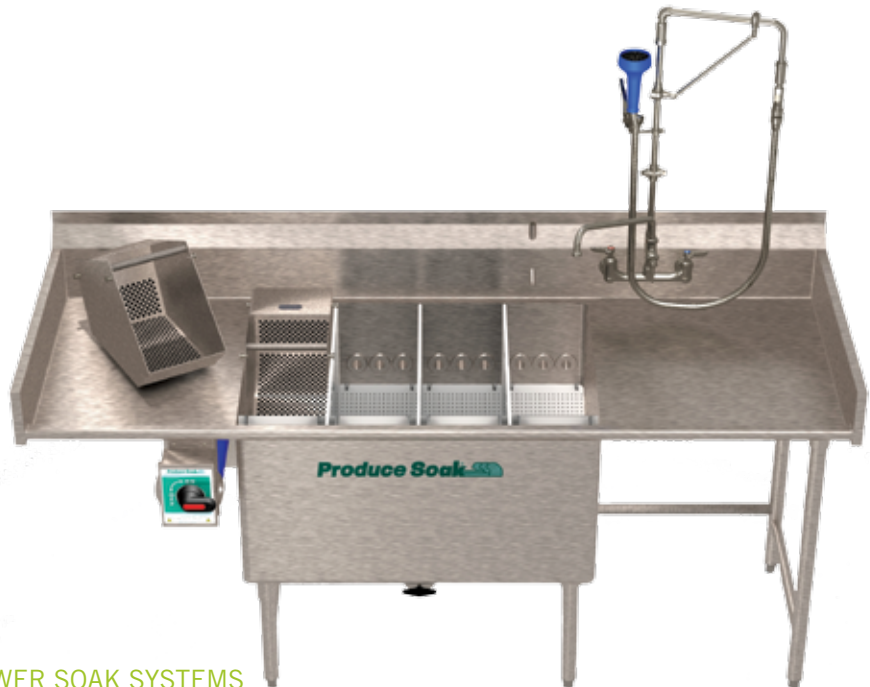
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DEMAND FOR GREEN

BY PAUL LUNNER

Over the past 10 years the food service industry has reinvented itself in many ways to meet the changing demands of customers as well as the new expectations that customers and government entities have for many types of businesses. These expectations include environmental sensitivity, conservation of natural resources utilizing local products and minimizing one's carbon footprint. Going green, what does it mean? It can mean the use of recycled materials, waste reduction, reduced energy and water consumption and a smarter use of green cleaning products.

Environmentally sensitive products such as newly introduced wrap and take out products made from sugar cane, corn and other byproduct leftovers provide what the food service customers are demanding from food service operators who have gone green.

Driven by regulatory changes and a dogged pursuit of greater efficiency every food service operation is — or soon will be confronted with the ins and outs of source reduction, food donation programs, composting and green disposables.

Waste reduction is seeing the use of newly designed composting machinery in many hotels as well as larger restaurants thus reducing carbon footprint emissions, landfill usage and all costs that go with disposal. Other carbon footprint initiatives include the production of single fired restaurant china such as Dudson's new Evolution line that reduces the amount of carbon emissions by 79 per cent thus making it a desired product for those restaurants seeking to be more green in their food service establishments.

Energy and water products being promoted today as environmentally friendly wear the tag of Powersmart or Energy Star and must pass with proof of energy savings as well as proof of consumption and waste reduction. Examples are refrigeration products that prove to reduce energy consumption, dishwashers that use less amounts of water per cycle and ovens that are more efficient that do more with less.

Kitchen design has changed with the introduction of ultraviolet technology into kitchen exhaust systems. The use of exhaust on demand kitchen hoods that draw exhaust only when required and the use of unified heat recovery systems that can recover up to 90 per cent of the heat loss from exhaust duct and hot water waste discharge are two examples. The list of energy efficient products being designed or converted in a commercial kitchen ranges from low wattage lighting, productive ice makers, refrigerators and Combi ovens. The key topic at the recent NAFEM (North American Food Equipment Manufacturers) conference and exposition in Orlando was green. Most manufacturers from around the world have developed or are re-engineering their products to meet new energy saving standards.

To promote the use of these new energy products, government programs in Canada such as Energy Star offer cash rebates to those operators that are replacing inefficient products with products approved by Energy Star and installed by approved electricians and mechanics.

Beginning April 15, 2011 the B.C government in association with BCRFA and the Canadian Restaurant Association have partnered in a program that will provide free energy assessment to restaurants. Info is provided at www.thegreenadvisor.ca

Finally, purchase products from companies that promote the use of sustainable, eco friendly, energy efficient green products.

It takes little steps to go green, but each step can help to create a more eco-friendly world. CQ

Paul Lunner is sales manager at Russell Food Equipment. www.russellfood.ca



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The list of energy efficient products being designed or converted in a commercial kitchen ranges from low wattage lighting, productive ice makers, refrigerators and Combi ovens.

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Photo by Cory Dawson

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PRIME MINISTER . PREMIER MINISTRE

I am pleased to extend my warmest greetings to everyone attending the 48th annual Canadian Culinary Federation/Fédération culinaire canadienne (CCFCC) Chefs' Conference and Convention being hosted by the British Columbia Chefs' Association.

This event, which brings together Canadian chefs, members of the American Culinary Federation and, for the first time, members from the World Association of Chefs' Society, promises to be exciting for participants. The next four days will offer many opportunities for delegates to showcase their culinary talent and commitment to their craft, as well as the delectably diverse nature of Canada's cuisine.

I am certain that everyone in attendance will enjoy the chance to interact with their peers from around the world and to share their knowledge and experiences with one another. I would like to congratulate the organizers of the conference for their efforts in putting together a stimulating program for everyone involved.

Please accept my best wishes for a productive and enjoyable meeting.

The Rt. Hon. Stephen Harper, P.C., M.P.

OTTAWA
2011



Welcome to Vancouver

I am very proud to serve as chair of the conference and grateful to the members of our planning committee for their work in designing the conference curriculum and organizing such a powerful group of speakers, competitions and events. The conference's continued success is the combined product of our speakers' willingness to share their insights and expertise, the time and efforts of the dedicated people on the planning committee and the strong financial commitment of our sponsors.

As it has been since our humble beginnings on August 10th, 1956, both the CCFCC and chefs associations across Canada continue to face with unshakable courage and determination the many adversities and challenges thrown at us by a rapidly changing world. In every instance we have measured up and we have changed each of these into opportunities to grow our association and spread our message to learn, teach and play while educating our juniors to be leaders in their culinary field at home and globally.

We hope that you find this year's 2011 National Conference both enjoyable and valuable. It is our intention that you have the opportunity to experience all the culinary tastes of each region of Canada, the cultural and natural beauty of Vancouver and all the different events and competitions this year's conference has planned for you.

Best Wishes,



Marcus VonAlbrecht
Conference Chairman CCFCC 2011



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Reflections of a National President

Vancouver — what a fitting place to end my term as national president. It offers the perfect backdrop to mark the end of this chapter in my life. In June 2006, I began this mandate with one overarching objective, to make a difference. This has been a prominent theme for me for many years and it seemed only fitting that it be one of the primary goals of my term as national president.

The conference this year will be packed with activities; educational seminars, guest speakers, international competitions, national competitions, fantastic themed dining experiences including the ice breaker reception prepared by our junior chefs from across the country, an authentic Chinese luncheon and a gala prepared by Culinary Team Canada. Clearly the Vancouver branch plans on making a difference with this conference.

As I look back, there have been many successes and some disappointments. Much of my focus has been on junior chefs as I feel they represent our best hope for a truly excellent, understood, sustainable and valued cuisine in the future. We have done many interesting things with juniors over the years including an exchange with the Nordic Chefs association and some work within Canada to broaden the visibility of our young

chefs. We added junior representatives to our national board giving them (and us) an opportunity to share issues that touch all chefs.

Education was another issue of paramount importance. During my mandate, the CCFCC introduced the Certified Working Chef (CWC) and Certified Master Chef (CMC) certifications. Both a tremendous achievement in their own right, these two certifications add to our already existing Certified Chef de Cuisine (CCC) program and help define a clear career path for young cooks.

A disappointment perhaps has been the inability to fund a sustainable national office with a paid administrator to handle the federation's daily business. Having someone available on a daily basis to handle some of the routine work would allow the national board to work on more initiatives with the branches/regions.

Overall, my experiences as president have been truly rewarding. The friends I have made, the learning I have acquired and the places I have been... all have truly inspired me and enabled me to be a better chef. I would be remiss if I did not recognize my dear wife Lisa, the one who has stood by me through all of my work with the CCFCC. It's often said that behind every great man/woman there is an even better woman/man — in my case, Lisa has



been a staunch supporter of my work and has largely contributed to my success.

Some have already asked what I will do when my term as president is over. I keep saying that I will read a book... but only after I complete the Certified Master Chef program!

Judson Simpson
CCFCC president



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A Message from the Premier

June 2011

As Premier of the province of British Columbia, I would like to welcome all the representatives of the Canadian Culinary Federation, the World Chefs' Society and the American Culinary Federation to the 2011 Annual Chef's Conference in Vancouver.

This is a fabulous opportunity for each of you to share your pride and passion for your trade with others who have similar interests, concerns and recommendations. I commend you for your commitment to culinary excellence.

I wish you all the best in your discussions, panel sessions, competitions, demonstrations, and your collaborations. I hope you will also have an opportunity to enjoy the bounty of all that Vancouver and surrounding areas have to offer for your entertainment, recreational and leisure needs.



Christy Clark
Premier



Message from the Mayor of Vancouver

On behalf of the City of Vancouver, I'd like to cordially welcome the Canadian Culinary Federation's 48th Annual Chefs Conference and Convention to our city. We are thrilled that you have chosen Vancouver as your meeting destination.

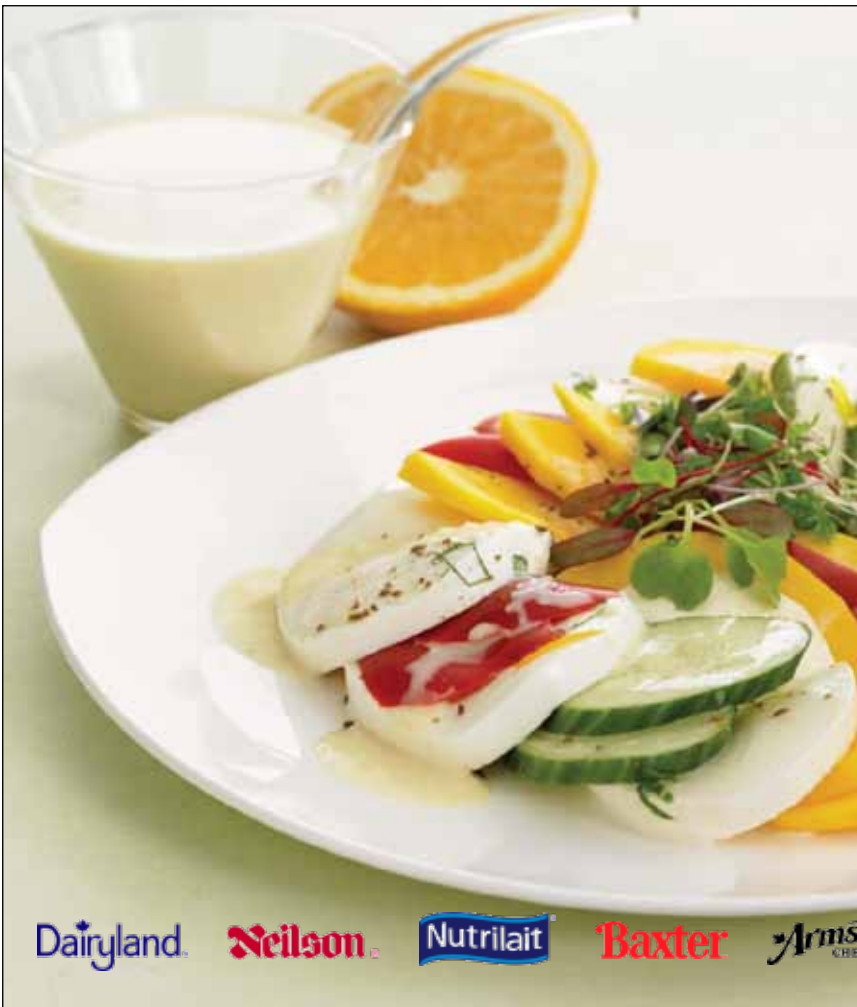
Vancouver is a vibrant, multicultural city that embraces many cultures into the Canadian mosaic. Because of this, Vancouver enjoys a cornucopia of culinary experiences. We are honoured to be hosting your convention and I hope that in addition to your busy meeting agenda participants are able to take part in some of the many sightseeing and entertainment activities Vancouver has to offer. I am confident all those attending the conference will have a great experience and come back to visit us very soon.

Once again, welcome to Vancouver, and I hope you enjoy the conference.

Yours truly,



Gregor Robertson
MAYOR



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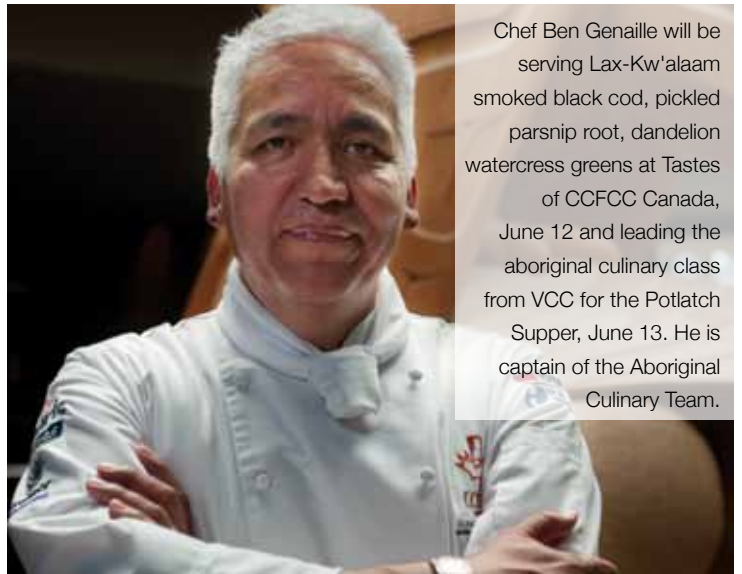
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Chef Ben Genaille will be serving Lax-Kw'alaam smoked black cod, pickled parsnip root, dandelion watercress greens at Tastes of CCFCC Canada, June 12 and leading the aboriginal culinary class from VCC for the Potlatch Supper, June 13. He is captain of the Aboriginal Culinary Team.

Photo by Thorsten Gohl

TASTES OF CCFCC CANADA, JUNE 12, 5 – 10 PM, RENAISSANCE VANCOUVER HOTEL HARBOURSIDE

This welcome reception features 15 food and beverage stations where junior chefs and their mentors create an unforgettable taste of their province. Each station represents regional cuisine, and is paired with a Canadian beverage.

ABORIGINAL POTLATCH SUPPER, JUNE 13, 6 – 10 PM, VANCOUVER COMMUNITY COLLEGE, 250 WEST PENDER

Hosted by VCC Aboriginal culinary class, with chef Instructor Ben Genaille, this amazing dinner features indigenous products, traditional menu items and the mix of traditional cooking and modern equipment. VCC transforms the 3rd floor into true Potlatch style dining — where the guests move kitchen to kitchen to feast, celebrate and enjoy aboriginal cuisine.

TASTES OF HALIFAX HOSTED BY DESTINATION HALIFAX AND TASTE OF NOVA SCOTIA., JUNE 14, 7:00 – 9:00 AM, RENAISSANCE VANCOUVER HOTEL HARBOURSIDE

The host city for CCFCC 2012 brings tastes from Eastern Canada. Halifax, proud to host CCFCC 2012 are flying in Nova Scotia lobster, and creating a true Nova Scotia breakfast. Attendees will be rewarded for attending this delicious breakfast with a complimentary entry for an all expenses paid trip to CCFCC 2012.

Winner receives trip for two to CCFCC 2012, Halifax Nova Scotia. Includes Airfare for two, shared hotel accommodation at the host conference hotel, and two full CCFCC 2012 delegate package

- Winners may depart from any major airport in Canada
- No cash value, valid only for CCFCC 2012 conference in Halifax, Nova Scotia
- Sponsored by Taste of Nova Scotia, Destination Halifax and BC Chefs' Association

Draw at 8:45 am, Tuesday, June 14, at Tastes of Halifax Breakfast. Winner must be present to win.

DRAGON FEAST OF THE CENTURY, JUNE 14, 12:30 TO 3:00 PM, RAIN FLOWER SEAFOOD RESTAURANT, RICHMOND, B.C.

Fifteen award winning chefs showcase Chinese visual and culinary arts, creating this six course luncheon with fresh seafood, including crab and lobster, Fraser Valley Duck, AAA tenderloin, Arctic Charr and fresh local Asian greens. Served with Yanjing Beer and a welcome Chinese Cocktail.

PRESIDENTS BALL, JUNE 15, 5:30 TO 10:30 PM, RENAISSANCE VANCOUVER HOTEL HARBOURSIDE

The final gala and awards presentation. Winner of all competitions will be introduced and recognized.

Culinary Team Canada, led by chef Simon Smotkowicz, creates the 6 course dinner, featuring the best of Canada — chefs and products, supported by our global influences.

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Greetings from the Canadian Restaurant and Foodservices Association

Canada's restaurant industry is a home-grown success story. With over \$60 billion in annual sales and one million employees, we're one of Canada's top employers and an engine of the economy. But more than that, we touch people's lives...and their taste buds.

The kitchen is the heart of every restaurant, and Canadian chefs have created a vibrant, innovative culinary experience that is second to none. This conference is an important opportunity to celebrate your accomplishments, connect with your colleagues, and tap into new trends.

At the Canadian Restaurant and Foodservices Association, we've been proud to work with the Canadian Culinary Federation for the past two years on the Canadian Chef Survey – the first of its kind in this country. We're very pleased to build on our relationship and support this important gathering of chefs. You're the heart of our industry.

Best wishes,



A handwritten signature in blue ink that reads 'Warren Erhart'.

Warren Erhart
CRFA Chairman of the Board
President and CEO, White Spot Hospitality,
Vancouver



A handwritten signature in blue ink that reads 'GJ Whyte'.

Garth Whyte
President and CEO
Canadian Restaurant and Foodservices
Association

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Conference Schedule At-A-Glance

DATE	AGENDA — CCFCC2011 PRESENTED BY SYSCO	TIME	LOCATION	Dress Code
THURSDAY, JUNE 9	Competitions Meetings and Competition Kitchen Tours	16:00 - 19:00	Vancouver Convention Centre West	Whites
FRIDAY, JUNE 10	CCFCC National Chefs Challenge presented by Unilever Food Solutions	11:00 - 20:00	Vancouver Convention Centre West	Business/whites
	CCFCC National Chefs Challenge Reception and Dinner (limited tickets)	17:00 - 21:00	Sysco Cooking Stage, VCC West	Smart Casual
	Optional — Eat! Vancouver Food + Cooking Festival	14:00 - 21:00	Vancouver Convention Centre West	Casual
SATURDAY, JUNE 11	WACS Global Chefs Challenge Presented by Unilever Food Solutions	12:00 - 20:00	Vancouver Convention Centre West	Business/whites
	CCFCC National Board Meeting	8:30 - 16:30	Renaissance Vancouver Hotel Harbourside	Business/whites
	Optional — Eat! Vancouver Food + Cooking Festival	10:00 - 21:00	Vancouver Convention Centre West	Casual
	CCFCC National Board and Spouse Dinner	18:00 - 20:30		Smart casual
	CCFCC National Board and Spouse Scotch and Chocolate Tasting	21:00 - 22:00	Renaissance Vancouver Hotel Harbourside	Smart casual
SUNDAY, JUNE 12	Leadership Workshop for National, Presidents and Chapter Boards	8:30 - 12:30	Renaissance Vancouver Hotel Harbourside	Business Casual
	Hans Bueschkens WACS Junior Challenges	10:00 - 17:00	Vancouver Convention Centre West	Business/whites
	Optional — Eat! Vancouver Food + Cooking Festival	10:00 - 17:00	Vancouver Convention Centre West	Casual
	Ice Carving Competition and Viewing	12:00 - 16:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
	Tastes of CCFCC Canada — Welcome Reception	17:00 - 22:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
	BC Chefs' Association Awards	19:00 - 20:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
MONDAY, JUNE 13	CCFCC National Finance Committee Meeting	7:15 - 8:00	Renaissance Vancouver Hotel Harbourside	Business/whites
	Breakfast with Chef Rob Feenie, Food Concept Architect	7:00 - 9:00	Renaissance Vancouver Hotel Harbourside	Business/whites
	CCFCC National AGM	9:00 - 13:00	Renaissance Vancouver Hotel Harbourside	Business/whites
	BCPMA Nutritional Break Room and Cooking Demos	9:30 - 12:30	Renaissance Vancouver Hotel Harbourside	Business/whites
	Health Check Seminar with Julie Lau: Healthy Dining — On trend in your menu	9:45-11:00	Vistas, Renaissance Hotel	Business/whites
	Lunch — Women in the Industry hosted by Chef Dana Reinhardt	12:30 - 14:30	Renaissance Vancouver Hotel Harbourside	Business/Whites
	Thomas Haas on The Joys of Chocolate	14:45 - 15:30	Renaissance Vancouver Hotel Harbourside	Business/whites
	Dominique and Cindy Duby Molecular Gastronomy — DC DUBY Wild Sweets®	15:45 - 17:00	Renaissance Vancouver Hotel Harbourside	Business/Whites
	Aboriginal Pottlatch Supper at Vancouver Community College	18:00 - 22:00	Vancouver Community College	Smart Casual
	Tabasco Hospitality Suite and Learning Lounge	20:00 - 1:00	Vistas, Renaissance Hotel	Smart Casual
TUESDAY, JUNE 14	Tastes of Nova Scotia Breakfast	7:00 - 9:00	Renaissance Vancouver Hotel Harbourside	Business/whites
	Welcome from Gissur Gudmundsson, WACS president	8:30-9:00	Renaissance Vancouver Hotel Harbourside	Business/whites
	CCFCC Presidents Day Meeting	9:00 - 12:00	Renaissance Vancouver Hotel Harbourside	Business/whites
	Health Check Products Showcase	9:30 - 12:30	Renaissance Vancouver Hotel Harbourside	Business/whites
	BCPMA Nutritional Break Room and Cooking Demos	9:30 - 12:30	Renaissance Vancouver Hotel Harbourside	
	Don Genova and Thermomix Demonstration	9:30 - 10:15	Renaissance Vancouver Hotel Harbourside	Business/whites
	Silk Road Professional Tea Cupping Seminar and Tasting	10:30 - 11:00	Vistas, Renaissance Hotel	Business/whites
	Nick Versteeg Food Security in your kitchen and for your kitchen	11:15 - 12:00	Vistas, Renaissance Hotel	Business/whites
	Dragon Feast of the Century with the 15 Dragon Chefs	12:30 - 15:00	Rain Flower Seafood Restaurant, Richmond	Business Casual
	Introduction to Healthy Dining — Recipe Modification (Junior Chefs) with Julie Lau	15:30 - 17:00	Renaissance Vancouver Hotel Harbourside	Whites
	Health Check Products Showcase and Cooking Demos	15:30 - 18:00	Renaissance Vancouver Hotel Harbourside	Business/whites
	Heinz Chefs and Product Demo	18:30 - 20:00	Vistas, 19th Floor, Renaissance Hotel	Smart Casual
	Honour Society Dinner (invitation only)	18:30 - 22:30	Westin Wall Centre, Richmond	Black Tie
	BCCCA Hospitality Suite, Learning Lounge	18:00 - 1:00	Vistas, Renaissance Hotel	Smart Casual
	Tequila Seminar — tasting, pairing, and foods Hosted by Legacy Liquor Store	20:30 - 21:30	Vistas, Renaissance Hotel	Smart Casual
WEDNESDAY, JUNE 15	Breakfast with Chef Robert Clark of C Restaurant	7:00 - 9:30	Renaissance Vancouver Hotel Harbourside	Smart Casual/Whites
	Chefs Table Society Chef Hosted Networking Round Tables	7:00 - 9:30	Renaissance Vancouver Hotel Harbourside	Smart Casual/Whites
	CCFCC National Juniors Challenges	7:00 - 14:30	Vancouver Community College	Whites
	Province of BC — Minister of Health and Cooking Demo	9:00 - 10:00	2nd Floor, Renaissance Vancouver Hotel Harbourside	Smart Casual/Whites
	Health Check Products Showcase and Cooking Demos	9:30 - 12:30	Renaissance Vancouver Hotel Harbourside	Smart Casual/Whites
	BCPMA Nutritional Break Room	9:30 - 12:30	Renaissance Vancouver Hotel Harbourside	Smart Casual/Whites
	Kikkoman Product Demo and Tasting Seminar	10:15 - 11:00	Vistas, Renaissance Hotel	Smart Casual/Whites
	SSFPA — The Supplier Relationship with Candice Appleby	11:15 - 12:15	Vistas, Renaissance Hotel	Smart Casual/Whites
	Chef Andrew George and Métis Nation Lunch	12:30 - 14:30	Renaissance Vancouver Hotel Harbourside	Smart Casual/Whites
	Silk Road Professional Tea Cupping Seminar and Tasting	14:30 - 15:00	Renaissance Vancouver Hotel Harbourside	Smart Casual/Whites
	Presidents Ball — VIP and Sponsor Reception	17:00 - 18:00	Vistas, Renaissance Hotel	Black tie Optional
	Presidents Ball — Reception and Ball	17:30 - 22:30	Renaissance Vancouver Hotel Harbourside	Black tie Optional
THURSDAY, JUNE 16	CCFCC 2011 Golf Tournament	10:00 - 20:00	Furry Creek Golf Course	golf attire

Keynote Sessions

**THE BUSINESS OF BEING A CHEF
CHEF ROB FEENIE, FOOD CONCEPT
ARCHITECT, CACTUS RESTAURANTS LTD.**

Monday, June 13, 2011, Breakfast

Chef Rob Feenie's career is bursting with experiences and accolades that many chefs only dream of. In addition to running and establishing several restaurants over the course of his career, chef Feenie has made numerous television appearances (including a winning season on Iron Chef America and his own show New Classics with Rob Feenie on Food Network Canada) and published several cookbooks. He is the first Canadian to win Iron Chef America.



Laura Leyshon XI

Chef Rob Feenie



Chef Karen Barnaby



Chef Dana Reinhardt

**WOMEN IN THE INDUSTRY
CHEFS PANEL**

Monday, June 13, Luncheon

- Chef Karen Barnaby, Executive Chef, Fish house in Stanley Park
- Chef Dana Reinhardt, Executive Chef, Windset Farms, and Chef Consultant
- Christa-lee McWatters-Bond, Partner, Local Lounge & Grille, Summerland



Chef Robert Clark

Thorsten Gohl X3

**SUSTAINABILITY AND OUR FUTURE
CHEF ROBERT CLARK, EXECUTIVE
CHEF, C RESTAURANT**

Wednesday, June 15, 2011, Breakfast

No chef has done more to promote the use of sustainable seafood in B.C. than chef Robert Clark has. He regularly contributes his time to act as a culinary ambassador to help promote B.C. as a burgeoning seafood and agri-food producing region, and Vancouver as a world-class culinary destination. He's also the founding chef for the Ocean Wise conservation program.

**DRAGON FEAST OF THE CENTURY
LUNCHEON CHAIR CLARENCE MA**

Tuesday, June 14, Luncheon

15 award winning Asian Culinary Team chefs will create a culinary feast at the Rain Flower Seafood Restaurant, Richmond using the best of B.C.'s and Canada's products, in Asian style preparation. The six course luncheon will feature fresh Dungeness Crab, Arctic Char, Nova Scotia Lobster, Frazer Valley duck, AAA Tenderloin beef and fresh local Asian greens.



Junior Chef Agenda At-A-Glance

DATE	Junior Chefs Agenda — CCFCC2011 Presented by Sysco	TIME	LOCATION	NOTES
THURSDAY, JUNE 9	Competitions Meetings and Competition Kitchen Tours	16:00 - 19:00	Vancouver Convention Centre West	Whites
FRIDAY, JUNE 10	CCFCC National Chefs Challenge presented by Unilever Food Solutions	11:00 - 20:00	Vancouver Convention Centre West	Business/whites
	Optional — Eat! Vancouver Food + Cooking Festival	14:00 - 21:00	Vancouver Convention Centre West	Casual
SATURDAY, JUNE 11	WACS Global Chefs Challenge Presented by Unilever Food Solutions	12:00 - 20:00	Vancouver Convention Centre West	Business/whites
	Optional — Eat! Vancouver Food + Cooking Festival	10:00 - 21:00	Vancouver Convention Centre West	Casual
SUNDAY, JUNE 12	Leadership Workshop for National, Presidents and Chapter Boards	8:30 - 12:30	Renaissance Vancouver Hotel Harbourside	Business Casual
	Hans Bueschkens WACS Junior Challenges	10:00 - 17:00	Vancouver Convention Centre West	Business/whites
	Optional — Eat! Vancouver Food + Cooking Festival	10:00 - 17:00	Vancouver Convention Centre West	Casual
	Ice Carving Competition and Viewing	12:00 - 16:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
	Tastes of CCFCC Canada - Welcome Reception	17:00 - 22:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
	BC Chefs' Association Awards	19:00 - 20:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
MONDAY JUNE 13	Breakfast with Chef Rob Feenie, Food Concept Architect	7:00 - 9:00	Renaissance Vancouver Hotel Harbourside	Whites
	Opening of AGM	9:00 - 9:30	Renaissance Vancouver Hotel Harbourside	Whites
	Tour of Granville Island	9:30 - 12:30	Granville Island	Whites
	Lunch — Women in the Industry hosted by Chef Dana Reinhardt	12:30 - 14:30	Renaissance Vancouver Hotel Harbourside	Business/Whites
	Thomas Haas on The Joys of Chocolate	14:45 - 15:30	Renaissance Vancouver Hotel Harbourside	Business/whites
	Dominique and Cindy Duby Molecular Gastronomy — DC DUBY Wild Sweets®	15:45 - 17:00	Renaissance Vancouver Hotel Harbourside	Business/Whites
	Aboriginal Potlatch Supper at Vancouver Community College	18:00 - 22:00	Vancouver Community College	Smart Casual
	Tabasco Hospitality Suite and Learning Lounge	20:00 - 1:00	Vistas, Renaissance Hotel	Smart Casual
TUESDAY JUNE 14	CCFCC 2012 Breakfast hosted by Halifax, Nova Scotia	7:00 - 8:30	Renaissance Vancouver Hotel Harbourside	Draw for all expenses paid trip for 2 to CCFCC 2012 in Halifax
	Welcome from Gissur Gudmundsson, WACS President	8:30 - 9:00	Renaissance Vancouver Hotel Harbourside	Whites
	Wok Around China Town	9:00 - 12:00	Vancouver Chinatown	Whites
	Travel to Richmond	12:00 - 12:30	Canada Line Sky train	Whites
	DRAGON Feast of the Century	12:30 - 3:00	Rain Flower Seafood Restaurant	Whites
	Travel back from Richmond	12:00 - 12:30	Canada Line Sky train	Whites
	Introduction to Healthy Dining — Recipe Modification (Junior Chefs) with Julie Lau	3:45 - 5:00	Renaissance Vancouver Hotel Harbourside	Whites
	Junior Chefs Dinner Cruise and California Walnuts Cooking Demo	7:00 - 10:00	Coal Harbour Departure	California Walnuts Seminar, Casual
	BC Chefs Hospitality Suite	9:00 - 1:00	Vistas	
WEDNESDAY JUNE 15	Breakfast with Chef Robert Clark of C Restaurant	7:00 - 9:30	Renaissance Vancouver Hotel Harbourside	Whites
	CCFCC National Juniors Challenge	7:00 - 2:30	Vancouver Community College	Whites
	Scavenger Hunt around Vancouver	9:30 - 12:30	Gastown, Chinatown	Whites
	Chef Andrew George and Métis Nation Lunch	12:30 - 1:30	Renaissance Vancouver Hotel Harbourside	Whites
	Apprenticeship Seminar with Go2	1:30 - 3:00	Renaissance Vancouver Hotel Harbourside	Black Tie Optional
	Presidents Ball	5:30 - 10:30	Renaissance Vancouver Hotel Harbourside	Black Tie Optional
THURSDAY, JUNE 16	CCFCC 2011 Golf Tournament (scramble, power carts, lunch and dinner) — optional	10:00 - 20:00	Furry Creek Golf Course	Golf Attire/Whites



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Spousal Agenda At-A-Glance

DATE	SPOUSAL AGENDA – CCFCC2011 PRESENTED BY SYSCO	TIME	LOCATION	DRESS CODE
SUNDAY, JUNE 12	Casual Morning for Early Birds – tour tips, churches, Vancouver	8:00 - 9:30	Renaissance Vancouver Hotel Harbourside	Smart Casual
	Dr. Sun Yat Sen Chinese Gardens Tour	10:00 - 11:30	Dr. Sun Yat Sen Gardens, Chinatown	Smart Casual
	Bella Gelateria Gelato Sample Stop	11:30 - 12:00	Bella Gelateria	Smart Casual
	Ice Carving Competition Viewing	12:00 - 16:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
	Holt Renfrew Make Overs	13:30 - 15:30	Holt Renfrew	Smart Casual
	CCFCC 2011 Opening Reception (icebreaker)	17:00 - 22:00	Renaissance Vancouver Hotel Harbourside	Summer Cocktail
MONDAY, JUNE 13	BC Chefs' Association Awards	19:00 - 20:00	Renaissance Vancouver Hotel Harbourside	Summer Cocktail
	Breakfast with Chef Rob Feenie, Food Concept Architect	7:00 - 9:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
	Horse Drawn Carriage Tour through Stanley Park	9:30 - 11:00	Stanley Park	Smart Casual
	BCPMA Nutritional Break Room and Cooking Demos	11:00 - 12:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
	Lunch – Women in the Industry hosted by Chef Dana Reinhardt	12:30 - 14:30	Renaissance Vancouver Hotel Harbourside	Smart Casual
	Thomas Haas Chocolate Seminar (optional)	14:45 - 15:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
	Shopping and Sightseeing, Hop on, Hop Off Trolley Tour	15:15 - 17:00	Vancouver	Casual
	Aboriginal Potlatch Supper at Vancouver Community College	18:00 - 22:00	Vancouver Community College	Summer Casual
	Bella Gelateria Gelato Sample Stop	11:30 - 12:00	Bella Gelateria	Smart Casual
	Tabasco Hospitality Suite and Learning Lounge	20:00 - 1:00	Vistas, Renaissance Hotel	Summer Casual
TUESDAY, JUNE 14	CCFCC 2012 Breakfast hosted by Halifax, Nova Scotia	7:00 - 9:00	Renaissance Vancouver Hotel Harbourside	Smart Casual
	VanDusen Botanical Garden tours	10:00 - 12:00	VanDusen Botanical Garden	Smart Casual
	Dragon Feast of the Century	12:30 - 15:00	Rain Flower Seafood Restaurant, Richmond	Smart Casual
	Manicure/Pedicure, Champagne and Chocolate	15:30 - 18:30	The Movie Spa	Casual
	Dinner on Own around Vancouver	19:00 - 21:00		Smart Casual
	BCCCA Hospitality Suite (optional)	18:00 - 1:00	Vistas, Renaissance Hotel	Smart Casual
WEDNESDAY, JUNE 15	Tequila Seminar – tasting, pairing, and foods (optional)	20:30 - 21:30	Vistas, Renaissance Hotel	Smart Casual
	Breakfast with Chef Robert Clark of C Restaurant	7:00 - 9:30	Renaissance Vancouver Hotel Harbourside	Smart Casual
	Vancouver Seawall Walk/ North Shore Quay	9:30 - 10:30	Vancouver Seawall	Casual
	Silk Road Tea Tasting Seminar with Rose Petal Scones	11:00 - 12:00	Renaissance Vancouver Hotel Harbourside	Casual
	Chef Andrew George and Métis Nation Lunch	12:30 - 14:30	Renaissance Vancouver Hotel Harbourside	Casual
	Hair and Makeup for Presidents Ball	14:30 - 16:30	Various Locations	Casual
	Presidents Ball – Reception and Ball	17:30 - 22:30	Renaissance Vancouver Hotel Harbourside	Black Tie

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Join us in Halifax for the 2012 CCFCC Conference.

Taste of Nova Scotia and Destination Halifax are thrilled that Halifax, Nova Scotia has been selected as the host city for the 2012 CCFCC Conference.

Nova Scotia is known for its abundance of fresh, succulent seafood, breathtaking scenery, and emerging world class wines. As Nova Scotia's capital city, Halifax is now considered by many as one of the country's pre eminent food and wine destinations. Our growing success in the culinary world combined with the passionate vision of our chefs and artisans provides the ideal locale for leaders from across Canada to come together, share ideas and continue to strive towards culinary excellence.

About Taste of Nova Scotia

Taste of Nova Scotia is a non-profit, member driven association who has been in existence since 1989. Our membership is made up of over 130 quality driven members across the province including producers, processors and an elite collection of the best restaurants in Nova Scotia. Many of Nova Scotia's top chefs have been active partners of Taste of Nova Scotia in the promotion of Nova Scotia as a premiere culinary tourism destination.



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Race for the 2012 World Final



For the first time the Hans Bueschekens Junior Chefs Challenge Semi-Finals will be held together with the Global Chefs Challenge in Vancouver, B.C.

This presents a new opportunity for an emerging chef to show his or her talent on the International scene and ensures more countries have an equal opportunity to participate.

Uniting the global chef community is an important goal of World Association of Chefs' Society (WACS), which currently counts more than 90 countries and 10 million professional chefs among its membership. Developing young chefs is another key mission.

Bringing together both competitions exposes young chefs to the same level of interaction and learning as the professionals.

The national pre-selections are in full motion to find the chef to represent each country in the continental semi finals that will take place throughout 2011 and early 2012. Seven continental semi final winners will go to the final in Daejeon in May 2012 at the World Congress.

The competitors will prepare a 3-course meal for 8 people in 5 hours in all stages except in the Global Chefs World Final where the requirements are to cook a 4-course meal for 12 people in 6 hours 45 minutes. Each course must contain a key ingredient that will be made known to contestants two months prior to the competition.

CONTINENTAL SEMI FINALS

- Pacific Rim — Auckland, New Zealand, 17-19 July 2011
- Americas — Vancouver, Canada, 11-12 June 2011
- Asia — Hong Kong, 11-14 May 2011
- Europe North — London, England, 26 Feb. -1 March 2012
- Europe South — Ljubljana, Slovenia, 19-21 January 2012
- Europe Central — Budapest, Hungary, 18-21 October 2011
- Africa / Middle East — Abu Dhabi, United Arab Emirates, 21-23 November 2011

GRAND FINALE

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GLOBAL CHEF COMPETITORS

JUNE 11, 12 PM - 8 PM

- Michael Matarazzo, Bear Mountain Inn, USA
- Charles Figueroa, Westchester Country Club, USA assistant
- Tobias MacDonald, La Belle Auberge Restaurant, Canada
- Jasper Cruickshank, La Belle Auberge Restaurant, Canada assistant
- Francisco Vintimilla, UEES University, Educador
- Andres Torres, UEES University, Educador assistant
- Ricardo Manzanilla, Restaurant Escuela Le Gourmets, Venezuela
- Joyce Fernandes, student, Venezuela assistant
- David Calquin, Chile
- Homero Burgos, Chile assistant

HANS BUESCHKENS COMPETITORS

JUNE 12, 10 AM - 5 PM

- Andres Torres, UEES University, Ecuador
- Daniel Gorman, Cherokee Town and Country Club, USA
- Matthew Parker, Marriott Toronto Downtown Eaton Centre, Canada
- Alexandra Leon, student, Venezuela
- Homero Burgos, Chile

VANCOUVER COMPETITIONS

CANADIAN NATIONAL CHEFS COMPETITORS

JUNE 10, 11AM - 8PM

- Shane Chartrand, Alberta
- Montgomery Lau, B.C.
- Scott Torgerson, Manitoba
- Brian Piercey, Newfoundland
- Erwin Palo, Nova Scotia
- Bruno Elsier, Ontario
- Lauretn Godbout, Quebec
- Ryan Marquis, Saskatchewan

CANADIAN NATIONAL JUNIOR CHEFS COMPETITORS

JUNE 15, 7 AM - 2:30 PM

- Sofie Doria, Ontario
- Evan F. Heisz, Nova Scotia
- Sarah Luross, Saskatchewan
- Aaron Smith, PEI
- Martine Guilmain, Quebec
- Jasper Cruickshank, B.C.
- Bryan Ursell, Manitoba
- Myles Fedun, Alberta
- Ken Pittman, Newfoundland



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Message from the Minister of Nova Scotia

DEPARTMENT OF ECONOMIC AND RURAL DEVELOPMENT AND TOURISM

Welcome to the 48th annual National Chefs Conference, a unique opportunity for chefs, culinary experts, and food lovers from across Canada to learn from one another, and share ideas that will help advance the industry.

Each year, the conference offers everything from exciting competitions to engaging lectures from international culinary stars, and this year is no exception.

In Canada, we are extremely proud of our cultural diversity. The National Chefs Conference celebrates our differences, embracing cuisine of all ethnicities.

This year, Vancouver will host chefs representing countries and cultures from around the world. You have a wonderful opportunity to immerse yourself in this vibrant atmosphere, and savour the finest of British Columbia and Canadian cuisine.

In 2012, Halifax will have the good fortune to host the National Chefs Conference. Please take the opportunity to enjoy a true Nova Scotia breakfast on June 14, to get just a taste of what you have to look forward to next year. Our province offers world-class cuisine and award-winning wines, and we are excited to show you the amazing products and experiences we have to offer.

Until then, indulge your mind and your taste buds. Be sure to savour this experience.

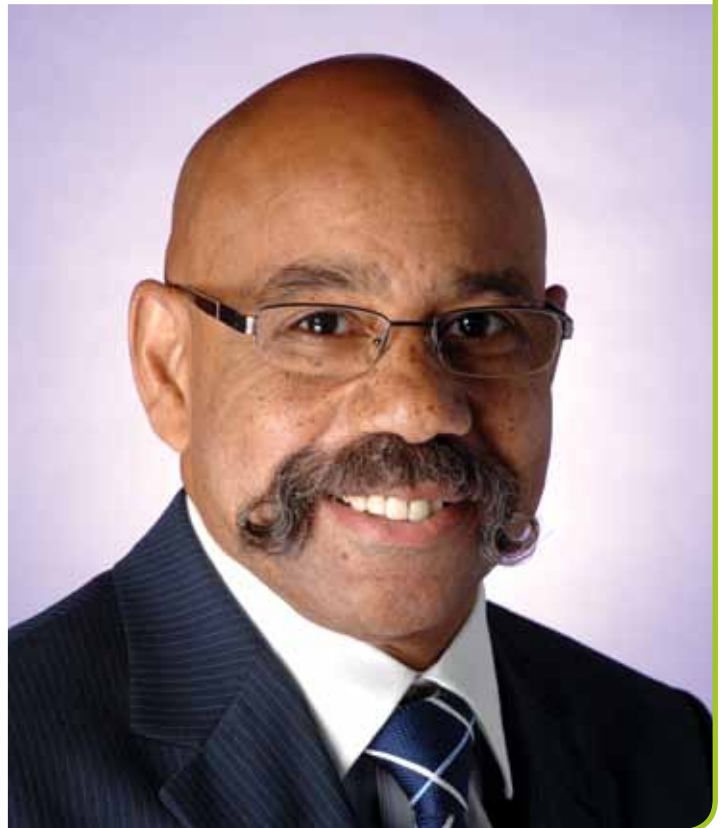
We look forward to seeing you soon.

Sincerely,



Percy A. Paris

Minister of Economic and Rural Development and Tourism



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Message from the Mayor of Halifax

Dear Delegate:

Congratulations on your 48th annual National Chefs Conference in Vancouver. Halifax Regional Municipality is very pleased to be the host city for the National Chefs Conference, CCFCC 2012.

Year round, Halifax Regional Municipality is everything you've dreamed of and much more. An unsurpassed location for business and pleasure, Atlantic Canada's largest city will offer you world-class amenities to accommodate your requirements and exceed your expectations. We offer an array of sights and attractions in an area rich in culture and heritage. In the heart of our vibrant downtown you will find museums, art galleries historic sites, shopping, fine restaurants, colourful gardens and a night life that doesn't quit.

While here, take the time to explore charming seaside towns, sun-drenched beaches, sparkling coves and miles of rugged shoreline guarded by graceful lighthouses. Imagine the vivacity of city living, the charms of small town life and the pristine beauty of nature — all in one place!

We look forward to welcoming the delegates and guests of the National Chefs Conference, CCFCC 2012 here in Halifax Regional Municipality. Respectfully, I remain



Peter Kelly
Mayor



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Canadian and Restaurant Foodservices Association	Hills Foods	Sysco
Canadian Bison	Icy Waters Arctic Charr	Tabasco Foodservice Canada
Canadian Highly Migratory Species Foundation CHMFS (Tuna)	Intercity Packers LTD	Tangled Vines Estate Winery
Canadian Wild BC Albacore tuna	International Herbs	Tastes of Nova Scotia
Canterbury Coffee	Island Farms	The British Columbia Cranberry Growers Association (BCCGA)
Centennial Meats	J and K poultry	Thornhaven Winery
Chefs Quarterly Magazine	Jeio Cuvee Sparking Italian Wine	Tourism Montreal
Chefs Table Society	Johnston's — Fresh, Local, Quality Pork	Trimpac Meats
Cioffi's Meat and Deli	Kikkoman	Unilever Food Solutions
Citytv/OMNI	KOMO GWAY DANCERS	USA Pear Bureau
Concha y Toro Casillero del Diablo Carmenere	Kraft Canada	Vancouver Community College
Culinary Arts Foundation, British Columbia	Lee Kum Kee USA	Von Albrecht and Associates
Dairy Farmers of Canada	Legacy Liquor Store	Wes Erickson, Commercial Fisherman
Danone	Les Dames d'Escoffier British Columbia	Westwood Printing & Signs
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Destination Halifax	Ministry of Health, Province of B.C.	Wines of New Zealand
Dolcetta D'Alba	Misconduct Winery	Xfour Vodka
	Mr. Johnston Wong	XOXOLAT Chocolate
	Mushrooms Canada	Yanjing Beer



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The Chef'n Garlic Zoom comes in different colours and is simple to use. Simply peel, fill, and roll. Stainless steel blades turn out perfectly chopped garlic. www.chefn.com



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VANILLA VODKA BRAISED SALMON
with sauteed beets and asparagus,
goat cheese mashed potatoes and
baby fennel salad SERVES 4

4 russet potatoes
50 ml goat cheese
50 ml whole butter

12 asparagus
2 medium beets
4 tbs of butter
Salt and pepper to taste

4 baby fennel
50 ml white balsamic
2 tbs of cilantro
30 ml coriander seeds

250 ml vanilla vodka
2 Vanilla bean
Salt and pepper to taste

Peel and cut potatoes. Put in pot and cover potatoes with water, cook for 30 minutes or until done. Toast coriander seeds in 250°F oven for 10 minutes, remove from oven, crush in pistol in mortar and set aside. When potatoes are done, mash and add cheese and butter.

For salad, mix balsamic, cilantro and coriander seeds together, slice fennel with a mandolin and marinate.



Sautee vanilla bean in clarified butter for 3 minutes. In same saucepan, add salmon and cook for 3 minutes of each side, Flambé with vodka. Take salmon off burner; place into pan and into the oven at 350°F for 8 minutes.

Peel and cut vegetables — blanch. In sauté pan, add 1 tablespoon of butter and cook vegetables. Plate dish — first potatoes, topped with fennel salad, then salmon, garnish with beets and asparagus.



SHREDDED DUCK BREAST PROSCIUTTO AND MANGO SALAD

1 large, firm mango, peeled and julienned
1 cucumber, peeled, seeded, and julienned
2 thick carrots, peeled and julienned
4 spring onions, cut in 4-inch lengths and very thinly sliced lengthways
2 inch pc French ginger, peeled and julienned
1/2 long red chile, seeded and shredded
Small bunch fresh cilantro, cleaned and roughly-chopped
1/2 small duck breast prosciutto, julienned

DRESSING

2 tbsp Vidal Icewine
2 tbsp Thai Fish Sauce
1 tbsp Lime Juice
4 tsp Tamarind Past

In a large bowl combined mango, cucumber, carrots, spring onions, fresh ginger, chili and cilantro. Toss well.

In a small bowl, whisk the Icewine, fish sauce, lime juice, and tamarind paste until well combined. Pour the dressing over the salad and toss well.

Arrange salad on each of six individual salad plates and top with prosciutto.

source: inniskillin.com

GEODUCK WITH SANSHO PEPPERS

RECIPE BY CHEF ZHANG ZHAO HUI



INGREDIENTS

Geoduck from Canada
assorted coloured sweet peppers
fresh sansho peppers

METHOD

Remove the shell of the geoduck. Remove the tough skin and wash thoroughly. Slice geoduck into very thin slices. In a wok or large saucepan, heat water to 65°C. Add geoduck slices and blanch briefly. Transfer with slotted spoon to a large bowl of ice water, chill thoroughly and set aside until ready to use.

Infuse olive oil with fresh sansho peppers to make sansho pepper oil.

Cut coloured peppers into thin strips and season with salt. Add sansho pepper oil and toss to mix. Transfer to serving platter.

Remove geoduck from ice water and drain well. Add a dash of Japanese soy sauce and heated sansho pepper oil and toss to mix. Transfer to serving platter. Garnish with sansho pepper and serve.

STUFFED QUAIL WITH SWEETBREADS PROSCIUTTO

SERVES 8

PORT WINE REDUCTION

6 oz veal jus
1 tsp shallots
1/2 bottle of good port wine
1 tbsp brown sugar
Butter

QUAIL AND STUFFING

8 Quails
8 oz sweetbread, blanched
6 oz chicken breast
1 strip of bacon
Garlic
Shallots
2 oz brandy
Pinch of fresh thyme (chopped fine)
Pinch of fresh sage (chopped fine)
2 egg whites
1/2 cup 35% cream
1/2 tsp green peppercorn
12 spinach leaves blanched
6 very thin slices of prosciutto

FONDUE

2 green apples, diced
1/2 cup of young leeks, diced
4 oz gorgonzola small cubes
1 oz white wine
3 oz 35% cream
2 tbsp reduced chicken glaze
Chopped parsley
Butter

Port Wine Reduction: In a saucepan over medium heat, sweat shallots, then add port wine and brown sugar. Reduce to a syrup. Add veal jus and reduce by half or until it coats the bottom of a spoon. Adjust seasoning and whisk in a little whole butter.

Quail: Bone out the Quail leaving only 1 thighbone frenched. Set aside in the fridge.

Sweetbread stuffing: clean off any membrane or sinew from the sweet breads and break apart into small pieces. Sweat shallots and garlic with butter; add the brandy, fresh thyme leaves and sage. Take off from the heat and place in the fridge to cool. Grind chicken, bacon and shallots in a meat grinder. Place into a food processor and into a stainless steel bowl. Fold in sweetbread and green peppercorn. Season to taste.

Butterfly the quails, skin side down on a clean surface. Place a piece of prosciutto on the quail. Place 2 pieces of blanched spinach leaves on each. Using a spoon, scoop a small amount of sweetbread mixture into the centre of the bird.

Starting from the side of the bird without the bone, fold and roll into a cylinder shape. On a metal table dampen with a clean moist cloth. Place a piece of saran wrap on the surface pulling each corner tight. Place the rolled up quail on the saran and roll up like a sausage. Tie off each end of the saran and place on a steamer tray.



Steam for 5 mins and let sit for 2 mins. When cool to the touch, cut off the saran and place on a buttered baking sheet. Brush with the port wine veal jus reduction and roast in a 350°F oven for 10 mins or until heated and golden brown.

Fondue: in a sauté pan over medium heat, sauté the leeks for 30 seconds. Add the apples and sauté for 30 seconds. Add white wine and reduce down. Add cream and reduce down. Take off from the heat and fold in the Gorgonzola Cheese and chopped parsley.

HEALTHY CHEF COMPETITION

The 12th annual Healthy Chef Competition, organized by the BC Produce Marketing Association and the BC Chefs Association (BCCA), saw 10 local chefs and their teams creating delicious dishes of healthy foods.

Held at the Hyatt Regency in March, the event promotes the use of fresh fruit and vegetables in every meal by bringing together top talent from local hotels, restaurants and culinary institutes. The event also raises money for the BC Chef's Junior Scholarship (\$7,000) and three non-profit health organizations (Canadian Cancer Society, Heart and Stroke Foundation and "Fruits and Veggie Mix it Up" for Better Health program).

"One of the best competitions in 12 years. Very unique ingredients," said BCCA director and host chef Marcus VonAlbrecht. "This is the first year that the Chinese Chef Association has joined and we're proud of the new partnership."

The winners were:

BEST ENTREE

Hyatt Regency Vancouver

Tandoori rubbed beef tenderloin. Aloo Tikki spring vegetables, mint chutney and beet coulis.

BEST DESSERT

Goldfish Pacific Kitchen

Trio of Dessert: Pineapple Yogurt Mousse; White Chocolate Apple Soft Cake and Strawberry Panna Cotta.

BEST TABLE SHOWCASE AND PEOPLE'S CHOICE

Chinese Canadian Chef Association

Seafood from the east, poached prawn and scallops with ponzu glaze; organic soba noodle with asparagus.

HEALTHY PLATE AWARD

River Rock Casino Resort

Braised sea cucumber with Shittake, pea sprouts, prawns, garden pea puree, lily bulb, beet powder, chive oil.

The strawberry recipe contest winners were also announced by the California Strawberry Commission.

BEST DESSERT

1st Place — **Chef Amie Tymofichuk**, The Art Institute, for her Strawberry Mousse Tartlette. Runner Up was **Chef Karyu Kawamura**, The Art Institute (Strawberry Honey Fruit Salad).

BEST APPETIZER

1st Place — **Executive Chef Sam Leung**, Dynasty Seafood Restaurant for his Sauteed Strawberries and Chicken with Pine Nuts. Runner Up was **Chef Patron Irene Hui**, Delizia Fusion Cuisine (Strawberry Seafood Teaser).





BC JUNIOR CHEF OF THE YEAR

The BC Junior Chef of the Year competition was held on March 12 at the Camosun College, Victoria. The annual black box competition challenges junior cooks to prepare a three-course meal for four people, using ingredients that are kept secret ahead of time. The competition tests their ability to plan, prepare and serve a menu within a specific time period. They are judged on process, food safety, taste and presentation, with points deducted for exceeding the time limits. The winners were:

1ST PLACE: Jasper Cruickshank — La Belle Auberge Restaurant, Ladner

2ND PLACE: Jenna Angle — Manteo Resort, Kelowna

3RD PLACE: John Lance — Fairmont Empress Hotel, Victoria

Cruickshank, a second year apprentice at La Belle Auberge, will represent B.C. at the National Junior Cook competition to be held during the CCFCC national conference, June 10-16, 2011 in Vancouver.

The competition was judge by nine chefs: Wilie Franz (Okanagan), JC Felicella (Vancouver), Bruno Marti (Ladner), Leslie Stav (North Island), David Lang (North Island), Rick Choy (Victoria), Terry Lockhart Rust (Victoria), Gilbert Noussitou (Victoria) and Jeffrey Brothers (Victoria).



THE FUTURE CHEFS OF TOMORROW

BY AMIE TYMOFICHUK, JUNIOR CHAPTER PRESIDENT

The Junior Chapter of the BC Chefs' Association is growing rapidly. I am proud to say we are encouraging more junior chefs and students to join and become an official member of the CCFCC. We are dedicated to our juniors and all of the events, educational seminars, scholarship funds, farm tours, and fundraisers we put together is all for their benefit.

Assuming the position of junior president, I would first like to say a huge thank you to Rachelle Thompson for all of her hard work and dedication; she really has made this association thrive. Rachelle has been our junior president for the last few years and it truly won't be the same without her. Good luck to her on all her new endeavors! I would also like to welcome Carmen Mak our new junior vice president.

I am very excited to be planning for the CCFCC 2011 National Conference, hosted by the Renaissance Vancouver Hotel Harbourside. I am even more excited to meet chefs and junior chefs from all over Canada! This is going to be an experience of a lifetime for our new junior members, and seeing their faces with excitement and eagerness to learn really is something else. This is a huge networking opportunity and I would like to see all of the junior members there.

I would also like to thank all of the dedicated and hard-working volunteers who have helped me out so much this year, and also a reminder we will need plenty of volunteers for the conference. If this seems like something you will be interested in please don't hesitate to e-mail me, or even check out our Facebook page called 'Junior BC Chefs Association', and follow us on



Twitter as 'Junior_BC_Chefs'. Please make sure that your contact info is up-to date. We send out monthly junior updates. If you do not receive them please email amietymofichuk@gmail.com or carmenmak.bc@gmail.com. This is going to be the best conference yet and I hope to see everyone there. CQ

... we are encouraging more junior chefs and students to join and become an official member of the CCFCC.

ANTI-IMPERIALIST

Josh Pape, Chambar Restaurant

2 oz Sake

¼ tsp Fresh grated ginger

1 1/2 oz 3 minute steeped imperial green tea.

¼ oz sugar syrup

Coriander leaves to garnish

Infuse sake with ginger, muddle with coriander root, shake with ice and imperial green tea. Serve martini style with a floating coriander leaf.



SALT AND SODIUM: GET THE FACTS

BY NATALIE LAFRAMBOISE



Canadians are eating too much sodium. Most of us eat about 3,400 mg of sodium per day. This is far more sodium than is required to promote good health. In fact, this is more than double the amount we need. In July 2010, the Sodium Working Group (SWG), a multi-stakeholder steering committee tasked with exploring options to reduce sodium intake among Canadians, released its Sodium Reduction Strategy for Canada. Although the average Canadian adult only needs 1,500 mg of sodium per day, an interim sodium intake goal of a population average of 2,300 mg of sodium per day is to be achieved by 2016. Key recommendations of the SWG related to restaurants and food service establishments include:

- to voluntarily reduce sodium in meals and menu items sold in restaurants and food service establishments.
- to provide on-site disclosure of nutrition information in a consistent and readily accessible manner for standardized menu items prepared and assembled on-site at restaurants and food service establishments

MOST OF THE SODIUM WE EAT IS HIDDEN IN FOODS

Salt, chemically speaking, is sodium chloride. Most of the sodium in our food comes from salt. However, it is not the salt added at the table or during cooking that is the culprit. Over 75 per cent of sodium we eat comes from processed foods such as cheese, deli meats, pizza, sauces and soups. Pre-packaged and ready-to-eat foods, fast food and restaurant meals are often high in sodium and can surpass the recommended ad-

equated intake in one serving. Even foods that do not taste salty such as breakfast cereals and bakery products contain sodium. Other sources include sodium that occurs naturally in milk products and vegetables, the flavour enhancer MSG (monosodium glutamate), baking soda (sodium bicarbonate) and sodium nitrite.

SODIUM CAN'T BE ALL THAT BAD?

Sodium is an essential nutrient that helps to balance fluids and electrolytes in the body. In the food industry, sodium plays an important role in food safety as a preservative and antibacterial agent. And of course, salt is a major flavour enhancer. However, eating too much sodium is a serious health risk and is directly linked to high blood pressure causing heart disease, stroke and kidney disease.

HOW CAN THE RESTAURANT AND FOOD SERVICES INDUSTRY HELP?

It is estimated that Canadians eat one in 10 meals from a restaurant. With this rising trend, restaurants and other food service establishments can play a key role in reducing sodium intake among Canadians. As a member of the SWG and in response to their recommendations, the Canadian Restaurant and Foodservices Association (CRFA) developed a User's Guide to Foodservice Operators on How to Reduce Sodium in Menu Items. Here are some tips outlined in the User's Guide:

USE LESS SALT

Consider using less salt in recipes and food preparation (e.g. sprinkling salt on the finished product). Your customers' taste buds will adapt to lower sodium content of foods over time! Keep in mind

Work with your supplier to find lower sodium or sodium-free versions of ready made ingredients...

that gourmet salts such as kosher salt, sea salt and fleur de sel all have about the same amount of sodium as table salt. They are not healthier alternatives.

USE LOWER SODIUM VERSIONS

Work with your supplier to find lower sodium or sodium-free versions of ready-made ingredients such as marinades, dressings, soy sauce and bouillon cubes. Purchase unsalted butter and margarine (non-hydrogenated) and unsalted crackers, nuts, pretzels and nacho chips.

MAKE IT IN-HOUSE

Since more than 75 per cent of the sodium we eat comes from processed foods, making ready-made ingredients in-house can significantly lower the sodium content of menu items. Prepare soups and broths in-house with vegetables and herbs and marinate meat in olive oil or fruit juices instead of ready-made sauces. Canned pasta sauces are notoriously high in sodium; create your own by stewing fresh or canned tomatoes with onions, garlic, herbs and spices. Best of all, you can market and highlight these ingredients on your menu.

For more ideas on how to reduce sodium in menu items, download the full guide from the CRFA website at http://www.crfa.ca/pdf/sodium_guide.pdf.

Sodium reduction is a key public health priority in B.C. The Province of B.C. is committed to working with restaurants and the food industry to support sodium reduction awareness for consumers when dining out. **CQ**

Natalie Laframboise is a policy analyst for Population and Public Health at the BC Ministry of Health. She can be reached at natalie.laframboise@gov.bc.ca.

COCKTAIL MOVEMENT GROWS

BY DAVID WOLOWIDNYK



If ever there was an exciting time to become a bartender in Canada, now is certainly it. Bartenders have the unique opportunity of learning from the past, while living in the present, and also play an important role in shaping the future.

The rebirth of the craft cocktail has exploded globally with many bartenders striving to perfect their replication of classic recipes, occasionally altering them to provide their own spin on tradition. Often, too, bartenders concentrate their efforts on the development of contemporary concoctions, involving modern innovations, techniques and flavour combinations.

Increasingly, the bartending industry is hosting festivals and conferences with educational workshops and seminars, all aimed at developing the craft of the professional bartender. Recently, the well-established New Orleans-based conference, Tales of the Cocktail, took a “road trip” to Vancouver to host its first satellite version of their wildly popular event.

Victoria’s own Art of the Cocktail, saw fantastic growth in their first two years. Along with occasional visits from brand ambassadors and master distillers, these events all help to educate bartenders and foster the development of the craft in Canada.

Many bartenders today are keenly aware of their palates and work closely with restaurant owners, chefs, and front-of-house management, to develop drink lists that not only appeal to their guests, but also compliment their restaurant’s style of cuisine.

This is even spawning cocktail and food-pairing dinners, like the Spirited Dinners at Tales of the Cocktail in New Orleans and the Cocktail Kitchen series at the Refinery in Vancouver. West Restaurant recently hosted a five course dinner with each course paired with a G’Vine Gin cocktail — it proved extremely popular and sold out in less than one day.

This symbiotic relationship between bars and kitchens continue to blossom, so there is no telling what the future will bring to the adventure of flavour.

It certainly seems like the cocktail movement in Canada has gained some serious momentum in the last few years, although insiders have witnessed it building for more than a decade. And now, with the newly formed non-profit, Canadian Professional Bartenders Association (CPBA), it’s ramping up to be a fun ride into the future for both bar and restaurant beverage programs. The CPBA was formed to encourage the exchange of news, techniques, and ideas between association members, and to foster a high standard of competence and conduct for the benefit and advancement of the profession of bartending in Canada. One of the CPBA’s goals is to become a member of the International Bartenders Association, as a global community extends the reach of communication well beyond our own borders. Founded in British Columbia by bartenders, for bartenders, the CPBA has received amazing support from the local community. Ontario is currently showing a keen interest in launching their own provincial chapter and bartenders in Alberta already meet regularly. It’s only a matter of time before there are other Canadian provinces on board.

Needless to say, very exciting times lie ahead for the Canadian bartender, especially for those who realize that the most important piece of the equation continues to be the guests themselves; this can only lead to a heightened appreciation of the experience, and ultimately plays an integral role in the enjoyment of food and drink. **CQ**

David Wolowidnyk, CSS, is bar manager and drink specialist at West Restaurant. He’s also a co-founder and director of the Canadian Professional Bartenders Association.



SICHUAN PUNCH

- 2 oz Ketel One Vodka infused with Sichuan Buttons
- ¾ oz “Paris-Singapore” syrup — from an exclusive tea blend from TWG
- ¾ oz Fresh lemon juice
- 1 dash “Scrappy’s” Cardamom Bitters (Seattle)
- 1½ oz House made Ginger Beer
- 1 Sichuan Button for Garnish

PREPARATION OF PUNCH:

Add all liquid ingredients except the ginger beer into a cocktail shaker add ice and shake hard to chill. Strain contents into an old fashion glass over new ice, top with ginger beer, and garnish with a Sichuan Button.

(Recipe equals one portion, multiply for a larger group)

INFUSION:

Muddle 20 Sichuan Button flower buds until well macerated then use to infuse one 750ml bottle of Ketel One Vodka. Let stand for 2 weeks. Strain off solids and re-bottle the Ketel One infusion.

SYRUP:

Steep a very strong tea from the exclusive blended “Paris-Singapore” tea, and at a ratio of two parts sugar to one part tea. Simmer until fully dissolved.



GOLD MEDAL PLATES

Eight of Canada's best chefs competed for top honours during the coveted Gold Medal Plates' Canadian Culinary Championships February 18 and 19, 2011 in Kelowna.

The winner Montrealer, Martin Juneau from Newtown Restaurant won with his dish of crispy piglet belly glazed with red beet juice, green apple and dill vinaigrette, paired with La Face Cachee de la Pomme Cidery.

Robert Clark from C Restaurant, Vancouver took the bronze and the silver was awarded to Jeremy Charles from Raymond's in Saint Johns.

The Black Box Challenge held at Okanagan College had all eight competing chefs with one hour to prepare two dishes using six mystery ingredients which were all local: Dungeness crabs, Asian pears, candy cane and golden beets, smoked wild boar shank and licorice root.

NEW CRFA CHAIR

Warren Erhart, president and CEO of White Spot Hospitality, was elected Chairman of the 30,000-member Canadian Restaurant and Food-services Association (CRFA) at the association's annual meeting.

Vancouver-based White Spot Hospitality consists of two iconic West coast restaurant brands: White Spot, a casual dining chain with 64 locations in British Columbia and Alberta; and Triple O's, a quick-service chain with 55 locations in British Columbia, Alberta and Hong Kong. White Spot Hospitality employs 4,000 people and was recognized this year as one of Canada's 50 Best Managed Companies.

Erhart's entire career has been in the restaurant industry, starting with a part-time job at McDonald's, moving up through the ranks at the Keg, and then joining White Spot in 1990 and becoming president and CEO four years later.

TOP TRENDS

According to CRFA's second annual Canadian chef survey, these are the top 10 trends for 2011:

- Locally produced food and locally inspired dishes
- Sustainability
- Nutrition and health
- Organics
- Simplicity/back-to-basics
- Gluten-free/food allergy conscious
- Craft beer/microbrews
- Artisanal cheeses
- Bite-size/mini desserts
- Quinoa/ancient grains



NEW GOURMET PASTA

Nestle Professional hosted a gourmet luncheon in Vancouver to introduce five new additions to their Joseph's Gourmet Pasta portfolio. The event held at CinCin Ristorante in April had chef Adam Cowan of Nestle Professional Canada and chef Rosario Del Nero of Nestle USA competing head to head to create inspiring Italian dishes using Minor's bases and flavour concentrates. It was a close competition but chef Cowan was the winner after votes were counted.

The new offerings by Joseph's include breaded agnolotti with creamy mozzarella and four different raviolis (butternut squash, Italian sausage and broccolini, smoked mozzarella and basil, North Atlantic lobster wrapped in black squid ink). www.nestleprofessional.com



MINIMUM WAGE RISES

The B.C. provincial government announced a 28 per cent increase in the province's general minimum wage over the next 14 months. The three scheduled wage increases will cost the restaurant industry an estimated \$295 million in additional payroll costs.

Restaurant sales in B.C. have been dropping for three straight years and the industry has recently been hit with two public policies — HST and the new drinking driving penalties — that have resulted in further lost sales.

"The restaurant industry creates thousands of job opportunities in communities across the province, but many operators are now stepping on the brakes," says Mark von Schellwitz, vice president Western Canada with the Canadian Restaurant and Foodservices Association (CRFA). "Imposing these massive wage increases and eliminating the training wage at a time when sales are declining and food costs are increasing will hurt the very people this announcement is intended to help.



FOOD FIGHT CHAMP

Chef Oliver Beckert from Yew restaurant + bar at the Four Seasons Hotel Vancouver was crowned Food Fight champ at The Battle for Brunch Variety's 2nd Annual Food Fight (pictured here with Variety executive director, Barbie Hislop).

Beckert won thanks to his Serrano Ham and Manchego Cheese Croquette and Wild Berry Cheesecake Lollipop.

Ebo Restaurant at the Delta Burnaby Hotel and Conference Centre was the runner up with their Quail Egg Benedict, House Cured Maple Bacon and Pecan and Banana Stuffed French Toast. Other participating restaurants were Market by Jean-Georges, O'Doul's Restaurant & Bar, Terminal City Club, Tigh-Na-Mara Seaside Resort and the Abercorn Inn.

More than 200 foodies sampled each delicious offering at the Terminal City Club on April 10th.

In total, the event raised more than \$40,000, which will be used by Variety to support children in B.C. who have special needs.



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