

FALL 2009



Canadian Association of Foodservice Professionals
Association canadienne des professionnels des services alimentaires

FOOD Bites

NEWSLETTER



“Laugh It Off”

Funny and magical clearly describes how the hilarious and award-winning **Donovan Deschner** wrapped up the speaker section of the conference. Without wearing a cowboy hat, this Calgarian comedian used many facial expressions along with wit, cartoon-like humor and audience participation to entertain and enlighten the conference delegates.

Whether you're finding humor in Garfield minus Garfield cartoons, magic card tricks, jokes or Mr. Roger's story-time rhyme, Donovan encouraged everyone to find something that works for usand Laugh It Off.



Heritage Park: A trip back in time!

Heritage Park is the largest living historical village in Canada. With old buildings and everything as it was in the 1930's and 40's, it was truly magnificent to experience.

The conference organizers gave a great balance of fun and interaction when planning this event.

The group settled into The Wainwright Hotel and proceeded to be entertained for the entire evening by kitchen drama that goes on in our lives every day, whether it ends in the murderous way it did at that restaurant I don't know! The dinner theatre team had honorable mentions for our entire National Executive and included many people in their show.

For more information www.heritagepark.ca



Donovan revealed his unique personality as he defined stress and comedy and further explained why and how comedy is used to deal with stress-related problems in the workplace and in our personal lives. By quoting Bill Cosby "If you can laugh at something, you can survive it", he clearly addressed the importance of stress management through comedy/humor and magic.

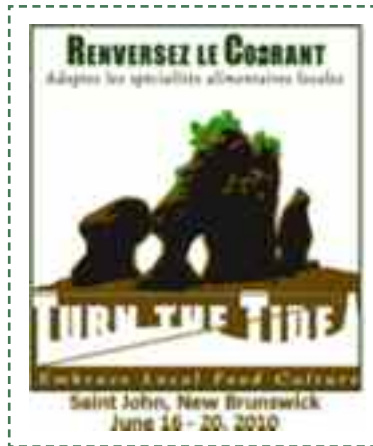


CAFP Food Executive of the Year

Thomas Holzschuher RD, CFE, is pictured above (L) receiving the prestigious Food Executive of the Year award from CAFP president, Peter Lam RD CFE. This award is presented in recognition of outstanding commitment and achievement in the foodservice industry and community.

Thomas attended Ryerson University in the food and Nutrition Program after completing his term with the Canadian Army. Once in the Food and Nutrition Program he realized his passion for the food industry. After completing a degree, he was accepted into an Aramark Internship program.

Once he completed of the comprehensive internship, Thomas worked as the Food Service Director at Northwestern General Hospital. In the years that followed his career continued with Complete Purchasing with Aramark Canada, Campbell's Soup Company of Canada and in his current position as Vice President of Business Development with Burlodge Canada Limited.



CAFP National Conference 2009 Calgary, Alberta

The Canadian Association of Foodservice Professionals (CAFP) held their 35th annual National Conference at the Delta Bow Valley Hotel in Calgary from June 17-21, 2009.

Over 125 delegates from across Canada as well as the USA and their companions reflected on what it takes to manage the daily challenges of leadership as they were taken through the 'Moving Mountains' theme throughout the week.

The educational sessions were balanced with social events including a pre-conference fun golf game, an evening at Stampede Park, an a nostalgic trip back in time to Heritage Park.



Calgary Stampede hosts CAFP days before the big event!

The greatest outdoor show on earth was getting ready to welcome the world to their party and we got a private view from the luxury dining suites to the beer gardens in Nashville North!

Duane Horpinuk, CFE, Mike Friesen (Calgary Branch President) and Sharon Garnett hosted the CAFP tour of the stampede grounds showcasing the many kitchens on the grounds and the different venues available to the public. A big thanks to the stampede food and beverage team, as it was an exquisite tour and a once in a lifetime opportunity.

They concluded the tour with a beautiful Alberta Steak dinner at the Rotary House on the grounds.

Duane Ellard from Beef Information Centre discussed the Alberta Beef we had for dinner. A member of the Calgary Stampede presented the history of the Calgary Stampede and how it has evolved and concluded the evening with a "Cowboy Poetry" from a local performer. Overall it was a great display of the history of stampede that if presented the opportunity one should attend. For more information www.calgarystampede.ca

Gold Plate and Student Award Luncheon:

The luncheon started off with a warm welcome to all the students as they walked into the banquet hall, followed by our National Bursary Sponsors and Committee Members. Brian Emmerton, CFE, from Aramark presented all of the student branch gold plate recipients concluding with the **National Gold Plate winner, Melanie McIlroy.**



CFE Recipients

Thirteen CAFP members were honored at the conference with new or renewed credentialed Food Executive designations, the CAFP's signature program.

Judy-Ann Wybenga hosted the luncheon, which included special presentations to first time recipients by co-workers and friends, touching words from her to renewed members and followed by the presentation of 2 diamond CFE awards to Fran Sutherland of the Northumberland Branch and Peter Lam, Past President of CAFP.

Other recipients this year included: Patricia Myatt, CFE4 of the Halifax/Dartmouth, Lawrence Mckenzie, CFE5, London Branch, Elisa Wilson, CFE4, London Branch, Ester Archibald, CFE, New Brunswick Branch, Paula Edwards, CFE2, Northumberland Branch, Brenda Hanlon, CFE, Northumberland Branch, Carol Schell, CFE4, Ottawa Branch, Janet Bell, CFE, Toronto Branch, Thomas Holzschuher, CFE3, Toronto Branch, Lorne Deutsch, CFE3, Vancouver Branch, Clarence Ma, CFE, Vancouver Branch.

Student CFE honors went to Jessica Nicolai, Veronica Streeter, Sarah Hatt.



Melanie is currently in her last semester of Hospitality and Management at George Brown College. Having completed numerous other diplomas at George Brown, Melanie has a wide range of skills including, bakery and pastry arts, food and beverage, chef training and the list goes on. With her extensive resume Melanie is confident that she will be able to contribute to the industry and CAFP in the coming years to best of her ability.

Her ultimate goal is to one day start her own non-profit organization dedicated to food sustainability. Good luck with your future goals Melanie!

Aramark followed the Gold Plate Ceremony with the Leadership awards for each branch president. Phil Sanders, National Student Bursary Committee member announced all of the student bursary winners.

The sponsors for all of the bursaries presented the award to each student. Thank you to all of our sponsors for their generous contributions to this special program.

Student Branch of the year was presented to Mount St. Vincent University branch and Student Branch Newsletter was presented to Brescia University College.



Peter Lam, CAFP National President, concluded the luncheon by awarding the first annual "Above and Beyond" Awards to numerous student liaisons that have gone above and beyond their expectations, they included: Liz Forbes CFE, Cathy Ralston CFE, Dr. Alicia Garcia CFE, Natalie Carrier CFE, Carmine Morelli CFE. Peter also announced presented Phil Sanders, National Bursary Committee with a "President's Award" for his outstanding commitment and attention to detail for his work the past year with the student program.

"Bragg about Food"

John Bragg has worked in the Food Service industry for many years; he is currently working in healthcare at Foothills Hospital as the Patient Services and Production Manager. Over his years in the business he has gotten into radio discussing hot topics about food with afternoon viewers.

John was approached in 1988 to do a radio show about supermarket foods. Over the years his pieces progressed, until 2005 when he pitched a new item to CBC for the home stretch- "Bragg about food".

Bragg about food was a 6-7 minute Q&A about a hot topic in the media, a great recipe that he had attempted or holiday favorites, like how to baste the turkey properly.

How does John think of items every week to talk about? Well, he says that he got a lot of ideas from conversations, media and questions he was often asked by friends. One item he did was the history of the turnip and how they evolved over time.

John stated that "food is ever changing with continuous hot topics and endless new products", he encourages everyone to move mountains one rock at a time and think outside the box when it comes to food. Any questions you can email:

john.bragg@albertahealthservices.ca

LEED building: Building a greener Food Service

Tom Mitchell, CFE and National Director for the Calgary Branch not only has his own food service equipment business but is also involved in LEED building which stands for Leadership in Environmental Energy and Design.

There are 2 categories, a new building and renovating an existing building. Each building

gets points in different LEED categories including: sustainable sites, water efficiency, energy and atmosphere, materials and resources, indoor environmental quality and design process and innovation. Based on the point value your building receives, determines the level of LEED it is in, certified being the lowest and platinum being the highest.

10 years ago in North America we had 4 buildings and today we have 14 000!

Tom concluded by stating that return on diligence is to not only do something, but to tell everyone. People will make decisions based on how you run your business, don't green wash!

"Global Food Trends in Restaurants"

John Gilchrist is a restaurant critic in Calgary. On Friday mornings, he is a columnist on CBC Radio One's the Calgary Eyeopener. He has written books such as Cheap Eats: Calgary and My Favorite Restaurants in Calgary & Banff.

He visited our conference to discuss the current global food trends that he has noticed and give the group the inside scoop on what he thinks is coming up next!

The three big trends he sees right now coming on to the market are Wine Bars, Tappa Bars and Japanese Noodles Houses'. However, bigger than that are the trends to the current market. With the hard economic times he is seeing major changes in the "corporate card" dependant restaurants. What are people doing to battle this? Re-packaging and re-branding for the take home containers, lowered prices is a big one, pre-fixed menus to battle food cost and one of the best economic ideas, creative use of corkage, being able to bring your own bottle of wine.

He is also seeing a lot of people making decisions based on values and belief. For example, if a restaurant practices "going green" people will choose to eat there because of that. This goes for other practices like, non-smoking, local ingredients, and value adds, such as offering a complimentary glass of prosecco when patrons come in to dine.

Overall John thinks the next big things to happen to the Canadian restaurant industry are the emergence of Canadian chefs and the promotion of local products. The next big type of restaurant to start emerging: Peruvian! Well John we look forward to hearing about it on CBC!

"People Smarts: Learning how to Move Mountains by understanding yourself and other people"

Hugh Phillips is one of Canada's top trainers and facilitators. He has done workshops with more than 40 000 Canadians. He incorporated our conference theme into his model of training. For our group he named his sessions after mountain related topics such as choosing your mountain and moving mountains by understanding your character, temperament and luggage.

Once identifying who you are you can then understand other people. This makes training people easier when you understand how they learn.

He talked about the training cycle and the key concepts: Attention, Acquisition, Application and Action. He used his life experiences and interesting stories to keep everyone hooked until the end.

Overall, everyone walked away knowing more about themselves and how to train others by understanding learning styles and people. Remember the three proactive statements: I cannot change others by direct action, I can only change myself and when I change, others will tend to change in response to me. For more information about "People Smarts" workshops visit www.hp-trainingworks.com or email Hugh: high@hp-trainingworks.com



The Cowboy Poet