



THE CHURCHILL TRIBUNE

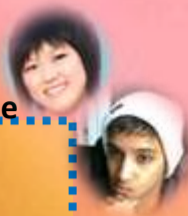
Life of a Chef

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PRESENTS:

*Special thanks to our teacher sponsor, Mr. Olbricht

Editing Committee



“FOR STUDENTS, BY STUDENTS.”

We started as a group of average students who couldn't answer a simple question—what do you want to be when you grow up?

Our solution: a newsletter that can be found on our school's website, incorporating everything we wanted to know about a career.

We hope our newsletter becomes a useful tool for you while in Churchill, helping you achieve your career goals and become what you've always wished to be!

Thanks so much,

- The Tribune Editing Committee [Linshia L., Srinjoy C.]

WANT CHEF EXPERIENCE?

Alice K.



Help out at **Kitchen Prep at the Rehab Center.** Volunteer work includes preparation for lunch and dinner and other kitchen duties.

AM Prep 8:00am – 11:30am

PM Prep 1:30pm – 5:00pm

For more information, contact: Mark Powers (403-699-8272), MarkP@thedi.ca, or Jordan Hamilton (403-699-8277), JordanH@thedi.ca. Visit their website at: <http://www.thedi.ca/volunteer/how-you-can-help/kitchen-prep/>

Volunteer for **the Soup Kitchen** at the Salvation Army, to give you experience in a kitchen and a chance to help out your community. Cut up ingredients, serve sandwiches, ___ and have tons of fun! Sign Up with Ryan during YVC meetings every Thursday.



Ingredients for Chefs

For admission towards a culinary school, no experience is usually needed.

- Genuine interest in pursuing culinary art and expertise
- Aspiration to master many aspects of cuisine
- Commitment to one's discipline of study.

Jeffery W.

WANTED

- Communication skills
- Motivation to learn
- Creativity
- Passion for food
- Business/marketing sense
- Attention to detail
- Ability to work with others
- Patience
- Ability to multitask
- Commitment to quality
- Quick thinking
- Ability to handle criticism
- Stamina/vitality
- Organization
- Flexibility

THE COOKOFF



Yuchen Y.

Q & A with: Mr. Li, Chef at Mongolie Grill

Interview by Srinjoy C. & Linshia L.



Q: What does a typical day at work look like?

A: I arrive at work by 9:30, and work until 3:30. In the morning, I prepare the food, which includes: cutting the raw ingredients, filling the food bar, as well as cooking the soup. During meal times, I cook the food in front of the customers

Q: What are the advantages & disadvantages of your job?

A: Unfortunately, the kitchen can get very hot at times. However, the advantages of my job include learning cooking skills, meeting new people, and being able to provide good cuisine to my family!

Q: What skills & abilities are necessary for this job?

A: You must be attentive and careful as to how you prepare the food, and must carry a great sense of responsibility should the patron have a problem with their dish.

Q: What is the stability of your job?

This is overall a very stable job.

Q: How much free time do you have?

In terms of a year, I am quite flexible in the hours that I work. I get about two months off every year to spend with my family, as well as go on a vacation.

Q: What's the work environment like?

When I prepare the ingredients, it is generally very quiet. It only gets a bit loud when I cook, as the fan is turned on.

Q: How easy it is to find a job?

A: This is quite a flexible position, as long as you are willing to work, as well as to adapt to your surroundings.



Miriam L.

I WANT YOU... to Volunteer!

Spread The Love:

Make sandwiches for the mustard seed (all supplies are provided) . You get volunteer hours and its for a good cause!
when: Every Friday
where: Sir Winston Churchill foods room
apply to YVC online at youthcentral.com or talk to Ms. Lee in rm 216

Calgary Interfaith Food Bank:

Work in an assembly line to put together emergency hamper baskets for families who are less privileged than yourself!
•when: Monday October 31 from 5:45 - 8:00pm
•where: SE, Highfield
•apply to YVC online at youthcentral.com or talk to Ms. Lee in rm 216 for more information and how to apply !



<http://www.lebottawa.com/asiancorrespondent>

Where do you want to end up?

Cordon Bleu: World Premier Culinary Arts Institute

Located in the artistic capital of Canada, the Le Cordon Bleu institute is the only one of its kind in Canada. With connections throughout the world in parts of Asia, Australia, and headquarters in London and Paris, Le Cordon Bleu provides a strong education in the arts of high quality French pastry and cuisine.

The institution considers itself "A Worldwide Leader in Gastronomy, Hospitality and Management", and this assertion is well founded. With a "Commitment to Excellence" dating as far back as 1895, the institution offers hands-on learning with some of the world's top chefs, as well as a complimentary program that provides bachelor's or master's in business administration in tourism and

restaurant management, all of which can be completed within a year.

With an alumni list including star status chefs like Julia Child and Giada de Laurentiis, Le Cordon Bleu is the obvious choice if you want to achieve your own culinary dreams.

Visit <http://www.cordonbleu.edu/lcb-ottawa/en> for more info.



Le Cordon Bleu Kitchen

"FOR THE SCHOOL, BY THE SCHOOL."

Please send us any feedback, or if you have any suggestions for topics for following issues, don't hesitate to contact us at [swc_newsletter@yahoo.com!](mailto:swc_newsletter@yahoo.com)

If you would like to become a part of our team, please contact the above email too.

Thanks!

-The Tribune Editing Committee

Liz & Teja's Advice Column

Have a desperate question that must be answered? Ask away on our blog, <http://tribuneadvice.blogspot.com/>



Teja B. & Elizabeth T.

