



STRATFORD CHEFS SCHOOL

A New Venue for a Glorious Gala

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Once again, food lovers and supporters of the Stratford Chefs School gathered for our annual Gala Dinner and Auction on February 21, 2010. This year's gala was held in a new venue, Nota Bene, which *Toronto Life* and *EnRoute* magazines have named Canada's Best New Restaurant. The event raised more than \$110,000 from ticket sales and auction bids, helping to ensure that the Stratford Chefs School remains the place "where the best chefs train."

Nota Bene's sophisticated, modern décor was a wonderful setting for the evening's festivities, which began with a champagne reception, again sponsored by Veuve Clicquot Ponsardin. The champagne was a perfect accompaniment to the hors d'oeuvres prepared by School students and instructors.



The menu, created by Bryan Steele, our Senior Cookery Instructor, included a grilled squab that was particularly memorable. Chef Steele supervised students in the preparation of each course, and Canadian vintners – such as SCS graduate Heidi Noble, whose award-winning Joie "Noble Blend" was matched with the mackerel course - donated wonderful wines to accompany this superb dinner. Thank you to everyone who made our 20th annual Gala such a glorious event. ■



*Gala Co-chairs Nancy Lockhart
and Jamie Kennedy, SCS Board Members*

More Gala photos and menu on page 2

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MENU

PORK CHEEK TERRINE
cauliflower, black truffle and cream

| TAWSE QUARRY ROAD ESTATE
CHARDONNAY 2007

WARM SALAD of MACKEREL "ESCABECHE"
beetroot and blood orange

| JOIE FARM "A NOBLE BLEND"
NARAMATA, BC 2008

GRILLED SQUAB on PIPIÁN ROJO
avocado and fried plantain

| LE CLOS JORDANNE "CLAYSTONE TERRACE"
PINOT NOIR, NIAGARA 2006

GINGER CRUMBLE
candied apple ice cream

| CAVE SPRING "INDIAN SUMMER" RIESLING
NIAGARA 2006



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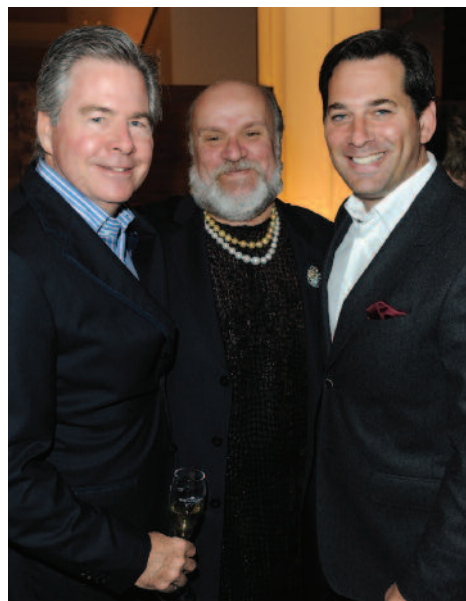
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TOP (L-R): Dr. Raymond Rupert, Bonnie Stern, George Baird, Robert and Anne Lindsay, Elizabeth Baird TOP RIGHT: Veuve Clicquot, Ginger Crumble RIGHT TOP: Angela and Alex Macdonald, SCS Board member RIGHT MIDDLE (L-R): Nada Ritich and Bonnie Hillman, SCS Board members RIGHT BOTTOM (L-R): Joe Brennan, Salah Bachir, Danny Greenglass BELOW: Christopher Blake, Auctioneer and Nick Wilmer, student





Chef Ben Shewry (far left) from Melbourne Australia with level 2 students in the 2009/2010 session

Chefs in Residence 2010|2011

As in previous years, the Stratford Chefs School will welcome international resident celebrity chefs to its kitchens. This year's chefs are:

December 6 through 10, 2010

**Riccardo Camanini | Villa Fiordaliso
Lake Garda, Italy**

Chef Camanini is known for his unique interpretation of Lombardy's regional cuisine. Trained in classical French cuisine at Parisian restaurants such as Lucas Carton, Taillevent, Restaurant Vernet, and La Grande Cascade, he serves his modern cuisine at Villa Fiordaliso, a restaurant which overlooks Lake Garda, Italy.

January 17 through 21, 2011

**Pilar Cabrera Arroyo | La Olla
Oaxaca, Mexico**

Growing up in Oaxaca City – considered the culinary capital of Mexico – Chef Arroyo learned to cook from her mother and grandmother. After earning a degree in Food Engineering and Nutrition, she worked in the development department of the food company Herdez-McCormick. In 1994, she returned to Oaxaca to open La Olla (the Pot), where she prepares the rich and complex cuisine of this region. Additionally, Chef Arroyo runs Casa de los Sabores, a cooking school that focuses upon regional cuisine, including the complex moles for which Oaxaca is known.

January 24 through 28, 2011

**Alexandre Gauthier | Le Grenouillère
Montreuil-sur-Mer, France**

Chef Gauthier has been the chef at La Grenouillère since 2003. Located in Montreuil-sur-Mer, France, the restaurant is in the little known region of Pas-de-Calais. Chef Gauthier has worked with chefs Régis Marcon (Au Clos des Cimes), Grégory Coutanceau (Les Flots) and Michel Roth (Lasserre). He defines his cuisine as Cuisine Délurée ('smart, forward and pert').

pastry course

with Chef Jakob Mielcke

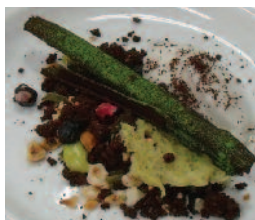
by Hannah Campbell, class of 2010



Recently, I participated in a week-long pastry course at the Stratford Chefs School, taught by celebrity Chef Jakob Mielcke of Denmark, and it was one of the best weeks I have ever experienced.



The desserts he presented were inspired by nature, and played with both sweet and savory concepts.



Many dessert names described the unique and sometimes bizarre flavor combinations, such as Bonfire, Forest Floor, and Raspberry Field. We used uncommon ingredients like smoked malto, birch wood chips, caramel flavored malt, wood pieces from a sherry barrel, pine needles, freeze-dried fruits, and hijiki (seaweed), while incorporating savory ingredients such as beets, Jerusalem artichokes, spinach, fennel, arugula, tomato hearts and flavored oils. These combinations, though odd on paper, created phenomenal and flavorful desserts none of us could have imagined.



During the week, we made Jerusalem artichoke fudge, green pine mayonnaise (yes, a sweet mayo), liquorice marshmallow, and beetroot meringue. Chef Mielcke not only introduced new and innovative techniques to us, but he shared his philosophy and approach behind the creativity of each dessert. One of the best ways this was demonstrated was

by creating a Canadian dessert that incorporated local ingredients that we students brought in, such as maple syrup, apple butter, Niagara grape powder, farm-fresh cream, blue cheese, Stratford beer, and almost anything that we could find. To see how he took these ingredients and made beautiful plates that not only complimented each flavor, but gave a true Canadian spirit to each dessert was amazing.

This course was a memorable, fulfilling, and exciting experience that I will continue to benefit from and will never forget. I cannot wait for the next one! ■

Joseph Hoare Gastronomic Writer in Residence 2010/2011

Journalist and author Ian Brown has been chosen as the Joseph Hoare Gastronomic Writer in Residence for the 2010/2011 academic year.

Mr. Brown is the winner of numerous national magazine and newspaper awards, the host of *Human Edge* and *The View from Here* on TVOntario, and he has hosted programs for CBC Radio. His magazine credits include *Maclean's*, *Saturday Night*, and *Financial Post*.

Additionally, he is the author of three books, including *The Boy in the Moon: A Father's Search for His Disabled Son*, which was published in 2009. In 2010, he won the B.C. National Award for Canadian Non-Fiction, the Charles Taylor Prize, and the Trillium Book Award for this memoir.

As a feature writer for *The Globe and Mail*, Mr. Brown has spent the summer of 2010 travelling across Canada, eating and reporting on his experiences in a fascinating series of articles under the banner of *Ian Brown Eats Canada*.

The Joseph Hoare Gastronomic Writer in Residence program was created by Stratford Chefs School directors Eleanor Kane and James Morris, and is supported by the family of Mr. Hoare, to honour this much loved food editor at *Toronto Life* magazine who was a strong supporter of young writers interested in food. In a moving tribute written by protégé James Chatto, Hoare's influence amongst food writers is beautifully described:

"The influence Joseph exerted was subtle but profound, and through it he became a power in the land, the man who set the standards of integrity and professionalism for Toronto's food writers and food editors - and in doing so, raised the quality of dining in this city."



photo credit: John Barber

The program offers a unique opportunity to Stratford Chefs School students interested in food writing, to meet one-on-one with renowned food writers such as Mr. Brown, who help novices to reach their dream on the page. The writer in residence also leads workshops, and gives public readings of his or her work. During his residency, Mr. Brown will present a public lecture / reading on a date to be announced and he will lead workshops on the intricacies of gastronomic writing.

The inaugural Joseph Hoare Gastronomic Writer in Residence, for the 2007/2008 academic year, was celebrated columnist and author James Chatto. Mr. Chatto was followed by renowned writer Corby Kummer (*The Atlantic* magazine) in 2008/2009, and by Michael Symons, Australian academic and author (*One Continuous Picnic*) in 2009/2010. ■

eating words The Art of Food Writing

A Highlight of the Joseph Hoare Gastronomic Writer in Residence Program

The Longing and Hunger for Community

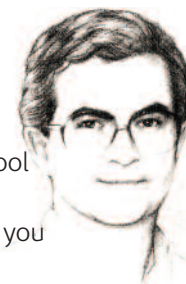
Saturday November 13 at 2:00 p.m. in Toronto

Award-winning *Globe & Mail* journalist and author Ian Brown will discuss his experiences and expertise in gastronomic writing with author/journalist Stevie Cameron. You may have followed Brown's culinary trek across Canada, so join us for this opportunity to hear more on that with two of Canada's finest journalists in conversation. A question-and-answer session will follow, as well as the chance to purchase signed copies of these authors' books. Refreshments prepared by Stratford Chefs School students will be served.

Heliconian Hall 35 Hazelton Avenue in Toronto.

The closest subway stop is Bay Street, Cumberland Street exit.

TICKETS \$25, students \$15 Available at the Cookbook Store, 850 Yonge Street at Yorkville Ave., Toronto, ON M4W 2H1
Ph: 1.800.268.6018 Email: cooking@ican.net.



The Stratford Chefs School and the Family of the late Joseph Hoare invite you to join them at a

CELEBRATION LUNCHEON

to announce the
**JOSEPH HOARE
GASTRONOMIC WRITER
IN RESIDENCE**

**Sunday, November 14th, 2010
at 12:30 p.m. at Nota Bene**

180 Queen Street West, Toronto M5V 3X3

■ ▲ ●
Tickets \$250 per person, charitable tax receipt of \$175. Alumni \$125 per person, charitable tax receipt of \$50.

To reserve please call the Stratford Chefs School at 519.271.1414.

Payment may be made by Visa, MasterCard or American Express.

Pursuing my Passions: kitchen & earth

by Trisha Muldoon

Hard pressed to find a local restaurant or even a local family that was concerned about where and how their food was grown, I wondered why we haven't been educated in food politics, pesticide use and genetically engineered crops? Our rural landscape is under constant assault by natural resource exploitation, urban sprawl and the consumptive habits of our civilization. What has fuelled these processes of greed, power, hunger and the dislocation among humans and the natural world, I wondered?

Hungry for knowledge, and with a few years of culinary experience under my belt, I packed my knife roll and the kitchen utensils I could not live without and went to learn about small-scale organic farming at the Linnaea Ecological Garden Programme in the Gulf Islands of British Columbia. At Linnaea, I entered a pocket of vitality; a 315-acre property made up of diverse landscapes - green pastures, old-growth forest, vegetable gardens - and most importantly a community of people who lived and worked symbiotically with nature and with each other.



A large component of our study was learning about permaculture, a term I regularly bring into my present suburban life. The four main ethics of permaculture are: to care for the earth, to care for people, to give away abundance and share, and to have the right to a good livelihood. These ethics take their guidance from careful observance of natural systems and specifically those that enable our eco-systems to be sustainable indefinitely.



Trisha Muldoon with friend Chris at Farmers' Market, Cortes Island, BC.

While studying gastronomy at the Stratford Chefs School, visiting Terra Madre in Turin (www.slowfood.com), and growing and raising my own food, I learned that the beauty and enjoyment of food must be combined with an understanding of its cultural context and the production and preparation of the specific ingredients. Since gaining an understanding of the importance of growing and cooking with whole foods, supporting small-scale, fair-trade, organic and local food policies whenever possible, I've realized that this lifestyle model has many healing effects. Simply put, I let my food be my medicine and my medicine be my food; this lifestyle shift may not only save our world but cure diseases like obesity, diabetes, heart disease and depression, and improve people's overall well being.

Fortunately, this model has developed into a field of work called Horticultural Therapy which is demonstrated among many groups of people dealing with mental, social and physical disabilities. Steven Davis,

director of the American Horticultural Therapy Association describes it as "a process through which plants, gardening activities and innate closeness we all feel toward nature are used as vehicles in professionally conducted programs of therapy and rehabilitation."

Education and awareness are crucial in this ongoing food movement, and as cooks we must try our hardest to consider the effects that our food practices have on our body, mind and soil.

Trisha Muldoon is currently studying at the University of Guelph. She completed externships at the Sooke Harbour House in 2009, Oliveto, Berkeley, CA, in 2006, and received some of her best knowledge and experience in organic farming at Soiled Reputation, Antony John and Tina Vandenheuevel's farm in Sebringville, ON. ■

MEET A GRADUATE

Jill Fisher

CLASS OF 2004

Interview by Sharon Hunt

It is hard to imagine Jill Fisher standing still or being less than passionate about anything she undertakes. After earning a Classics degree at the University of Waterloo and working in finance, she allowed her long standing interest in cooking to lead her to the Stratford Chefs School. She graduated at the top of her class in 2004, while being a mother of four children, a budding tri-athlete, and a maker of lemonade that she has turned into a growing business.

What took you from Classics and finance to the Stratford Chefs School?

Well, I was at a crossroads. I had done a variety of things, but was always passionate about cooking. There were great female cooks in my family, and I started thinking about training. After talking with SCS Alumni Jeff Sample and staging at his Guelph Bookshop Café, I applied to SCS.

What did you enjoy most about being at the School?

I was part of a really good class, people with the same interest in food, and we had intense conversations about food that went on and on. That was great. Also, cooking at the School was very social, like it is in a family, and I liked that, too. It felt very familiar.

You were in the fine dessert business for a while.

Yes, I was the manager and head baker for a Toronto catering company, Dr. Cheese and the Cake Lady, from 1983 to 1986, and really enjoyed that experience. It helped spark my idea about going to chef school.

Your new business is making lemonade from a century-old family recipe?

Yes, I'm making Lighthouse Lemonade from a well-guarded family recipe that's at least a hundred years old. It was my great-grandmother's recipe. Her first name was Aravess – she was named after her sea captain father's favourite



ship - but she was known as Vessie. She was born in 1864 in Nova Scotia, and was serving the lemonade to her family around 1890. The recipe just passed through the generations to me and my kids.

Why did you decide to produce it for sale?

Whenever I served it to friends, they always raved about it. And, of course, my family and I love it. So, I decided to find out if anyone would be interested in buying it.

How did you come up with the name?

The kids and I were driving somewhere and we were talking about a name and how it needed to reflect my maritime roots. (I'd talked with Eleanor Kane about this and she agreed this was important.) We came up with different ideas and then Naomi, my second daughter said, "what about Lighthouse Lemonade?" The name was perfect. A lighthouse is a maritime beacon, and it's surrounded by cold, refreshing water.

Where is Lighthouse Lemonade distributed?

We sell at the Guelph Farmer's Market. We were also an exhibitor in the flavours section of the Toronto One of a Kind Spring 2010 show, and will be there

again next spring. The lemonade is also available in Stratford at The Milky Whey, and at Vincenzo's in Waterloo. I'm also happy to report that after a recent selling trip to the east coast, Cape Jourimain Eco Tourism Centre, at the base of Confederation Bridge on the New Brunswick side, is selling it as a fundraiser for major repairs and renovations for their 1870 lighthouse. They are over the moon with the response they are getting selling this Maritime-based recipe to tourists. Peggy's Cove Lighthouse Gift Shop is now carrying it, too. Also, the Perimeter Institute, in Waterloo, serves it ice cold to their visiting physicists, and it's gaining many fans there. Lighthouse Lemonade is also featured on the drink menu at The Old Prune Restaurant, in Stratford, and I was told by a very reliable source that Colm Feore is enamoured by the lemonade, too.

Business is obviously going well?

Yes, it's great, fabulous. Three of my four kids are involved in the business, and the fourth may be involved soon, too. We're working hard to keep up with the demand. The lemonade is sold as a concentrate; one bottle makes about 7 liters if you follow the suggested 1:8 ratio. Bottles sell for \$12.99 - \$17.00, depending on the store.

What is the lighthouse on the bottle?

It is the 1870's Cape Jourimain Lighthouse. I used to spend many hours walking the red-rippled sandbars around that lighthouse as a child, and the area has a very strong draw for me.

In addition to everything else you do, you are also a tri-athlete. When did that begin?

About 8 years ago. I lived in the country and would see races go by, and think, "I could do that". So I started to train and ran my first race in Toronto as one of 600 women in the race. Being a tri-athlete makes me push my limits. My family supports and cheers me on, and the people I race with are so positive. I really enjoy this, too. ■



To our loyal Dinner Club Members

thank you

The Stratford Chefs School Dinner Club features four levels of membership to a donor program that helps to develop the talented chefs of tomorrow. In return for their support, members are offered special privileges and thanks at a series of dinners and luncheons prepared and served by the School's apprentices. For information about becoming a Dinner Club member, please contact the office at 519-271-1414 or visit our website at www.stratfordchef.com. ■

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On January 30, 2010, Escoffier Circle members gathered at the elegant home of Kate and David Daniels. Sixty guests enjoyed a special evening that began with a champagne reception featuring 13th Street Premier Curve Brut, 2004. Visiting international Chef Amit Ghosh, of India, with the assistance of School students and alumni, treated guests to a superb menu which included Consommé and Dumplings, Seafood Salad with Red Snapper Chutney, and Lamb Tomato Curry.

Chateau Graviille-Lacoste, Graves, Bordeaux 2008, Mantra Cabernet Sauvignon, Sonoma County, 2007, and Macallan 12 Year Old Highland Single Malt Scotch complemented the menu.



Kate and David Daniels

The Stratford Chefs School's Escoffier Circle was established in 2005. Escoffier Circle contributions enable us to maintain our position as the unequalled training facility for Canadian chefs. To date, this annual membership program that focuses on developing capital projects has raised \$400,000. For information on how to join or contribute to the campaign please contact Kimberley Payne at 519.271.1414 or kpayne@stratfordchef.com ■

Thank you

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Escoffier Circle SILVER MEMBERS

Bill and Molly Anne Macdonald
Tim and Alexandra MacDonald
Clive Veroni

The Stratford Chefs School March Break Culinary Camp

marked its fifth anniversary this year, introducing a new group of high school-aged students to the idea of cooking professionally and to what the School can offer them in post secondary education.

This year's camp ran from March 15 to 19, 2010. As the culinary camp has continued to gain popularity, classes quickly become overbooked, creating waiting lists long before the camp begins.

This year, a number of School graduates returned to help make the camp a success. Charmaine Baan (2001) brought more than a decade of 'sweet' experience to delight dessert lovers and aspiring chefs alike, while Ryan Donovan (2005) and Carl Heinrich (2005) demonstrated the art of pork butchery, getting the participants involved in preparing a few simple charcuterie items. Jeff Sample (1999) introduced students to the flavors of India, showing them the techniques of preparing spice mixtures, curries, rice dishes and chapatti, and



Erin Turcke (2006) introduced the basic skills of bread making and recipes that reflect bread traditions from around the world. Finally, Ian Middleton (2001) and Yva Santini (2009), showed menus typical of the ones Stratford Chefs School students use during their training; French, Italian, Thai and Mexican cuisines were prepared by the students,

working in groups, with the help of their instructors. Then, everyone put up their plates at the end of each class and sampled what they created.

Our culinary camp began in 2006, and has expanded from a 2 day session to 5 days of culinary instruction in 2010. Students who attend the camp, and who then apply and are accepted to the School are eligible for a \$500 scholarship towards their tuition.

We are already planning for the 2011 camp and hope to introduce next year's participants to new recipes, techniques and food. Following the responses from this year's exit surveys, the 2011 camp may include chocolate making, cheese making and cake decorating. If you know of a teenager who might be interested in participating in the 2011 camp, please contact us at bfriesen@stratfordchef.com ■



Eleanor Kane and James Morris
Co-founders and Directors

Kimberley Payne
Executive Director

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MISSION

The Stratford Chefs School is devoted to developing in young Canadian chefs a thorough grounding in the theory and practice of classical cuisines in today's market, and an appreciation of the challenge of operating a successful restaurant. Noted for its unique, industry-driven program, graduates have a 100 percent employment record and are in high demand in leading restaurants throughout Canada and abroad.

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Guest speaker at graduation was alumnus Jeff Crump (1997), Executive Chef at Ancaster Mill. Jeff presented an inspired, amusing chronicle of his career since graduating from the Stratford Chefs School and left the 2010 class with some clear messages: "slow down" and "find what it is you love, and then stay with that".

FRONT ROW: Erin Bonthron, Serene Choo, Russell Black, Anthony Malone, Joe Paquette, Colin Jones **SECOND ROW:** Evangeline Cauchi, Ryan O'Donnell (*valedictorian*), Jake Silani, Natalie Crowe, Hannah Campbell, Julia Wycliffe, Marc Chartrand (*valedictorian*), Jared Gamble, Andrew McLean **THIRD ROW:** Justine Thompson, Amber Kraan, David Rogers, Doug Cooper, Andrew McNaughton, Nick Mustard, Nick Kralovensky, Josh Standing, Ryan Rodgers, Ed Andrews **ABSENT:** Nick Costie, Mike Kowbel, Scott Newman, Cristina Piele, Omar Robertson *photo credit: Irene Miller*

**Save a tree,
save a stamp!**

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admin@stratfordchef.com

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