



TECH TALK



B.C. FOOD TECHNOLOGISTS NEWSLETTER

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CALENDAR OF EVENTS

1. Tuesday, September 25, 2012

What: BCFT Annual General Meeting

When: 6:00 pm – 8:00 pm

Where: Delta Burnaby Hotel and Conference Center
4331 Dominion Street, Burnaby, BC

Details: Beverages and appetizers served. Open to all members in good standing with BCFT (through CIFST or IFT).

Please register with Christine Scaman at christine.scaman@ubc.ca

2. Monday, October 1, 2012

What: BCFPA 2012 Fall Speaker's Evening
Heating up or cooling down? Food safety issues in Canada.

When: 5:30 pm – 9:00 pm

Where: Shadbolt Centre for the Arts
6450 Deer Lake Ave, Burnaby, BC

Details: More information, please visit www.bcfpa.net

3. Thursday, October 4, 2012

What: Information Session/Dinner Event on the Proposed B.Sc. in Food Technology & Operations Management

When: 5:00 pm – 8:00 pm

Where: BCIT - Burnaby Campus
SE2 - Townsquare D
3700 Willingdon Ave, Burnaby, BC

Details: More information in the newsletter or this web link (<http://tinyurl.com/9eyoa83>)

4. Wednesday, February 27, 2013

What: BCFT 19th Annual Suppliers' Night

When: 4:00 pm – 7:00 pm

Where: Delta Burnaby Hotel and Conference Center
4331 Dominion Street, Burnaby, BC

Details: For more information: please visit www.bcft.ca

Spotlight on a Food Scientist: Gary Mitchell

By Karl Li and Kendra Coutts

On May 12, 2012, Karl Li and Kendra Coutts of the BCFT New Professionals Committee were fortunate to interview Gary Mitchell, Head Chocolatier and the smiling face on the posters at your local Purdy's Chocolates. The gracious host opened with a tour of the facility and it was clear from the onset of the interview that Gary Mitchell has turned his passion for food, chocolate in particular, into a successful career. In September of 2011, he won

an award at the Baking and Sweets show in Toronto for a brie cheese, fresh basil, lemon zest, and fig truffle. He is defending his title this year and is working on a new masterpiece. Gary has 45 years in the industry but when asked what was his best job he enthusiastically replied that it was "Probably this one right here. Doesn't get any better." Below is a transcript of the highlights from the interview.

Karl Li (KL): What is your official title or position in Purdy's currently?

Gary Mitchell (GM): My official title is Head Chocolatier. It encompasses a lot of things. I've been with Purdy's for 19 years. I've done just about everything you can do here I think. But my main position here is developing new chocolates. I also head up the commercialization. So when you design something you have to be able to make it efficiently; you have to be able to commercialize it right into the store level. I also buy machinery for the company. I have an affinity towards machinery. I love machinery to the point where we actually design our own machines sometimes. The company sends me to Germany every three years to big machine shows there.

KL: What education or training has led you to the Food Industry? Do you have any educational or professional background other than food?

GM: My first job was in food. I was a chef in an Italian restaurant. I've always been involved with food. I have a love for it. Everything I've done has always been involving food. I've taken cooking courses, baking courses, everything I can to prepare for it. I went to chocolate school in San Francisco, Montreal, and Chicago and to candy school in



Head Chocolatier, Gary Mitchell (center) with Kendra Coutts and Karl Li.

Pennsylvania.

Kendra Coutts (KC): How long is chocolate school?

GM: It depends. Sometimes two to six weeks. When we went to candy school it's a little more intensive. You cover everything from sanitation to sugars, oils, milk products and all the science behind all of that and putting it all together.

KL: How do you like or dislike your current position?

GM: There are very few things I don't like about it.

My favorite thing is be able to use my creativity and creating

new creations. There's a lot of pleasure in what I do. I probably created about 150 products a year. About six of those actually make it to the stores. There are a lot of experimentations.

KL: What do you think your biggest contribution to the food industry is? Probably the creations of different varieties of chocolate?

GM: Yeah, I hope it's my creativity, openness and sharing. Actually you find in this industry the companies are very open about sharing their knowledge. One of our competitors is Roger's Chocolates. I've been through their factory. They've been through our factory. We are very open. We have open relationships.

KL: Are there any changes you see occurring in the food or chocolate industry?

GM: In the food industry itself, I found the level of quality is always increasing. The food and beverage industry in BC is a unique group. As a group, I see BC having to compete with larger eastern companies so I think our quality has to be much higher to be able to compete with them.

KC: Is there a move towards sugar-less chocolate and things like that?

GM: I don't see a large increase. People are looking for options. The rate of diabetes is going up. So I think there's always that need. But most sugarless chocolates are sweetened with maltodextrin, which has stomach effects and limit the amount of consumption.

KL: Have you noticed the economy having an impact on the

cont. on p. 3

food industry?

GM: Definitely has an effect on the industry. Chocolate is almost immune from it, which is nice. Other industries have really felt it whereas in chocolate we don't see the growth we would normally see, but we don't see a real decline either. It's pretty steady.

KL: What do you think the next "big thing" to the food industry or chocolate industry?

GM: One of the biggest things I see in the chocolate industry is that it's so open to new things. I was in baking industry for 20 years. Baking is much more structured whereas chocolate has so many options. Because now we are getting into sweet and savory and people are becoming more accepting. So it really opens up a whole new range of flavours and textures.

KL: What are the key things that you think are important to career advancement?

GM: I think the number one thing is willingness to do almost anything, to be very open-minded, don't be so structured. I really think that's truly important. I did just about everything here from purchasing, work on the floor, designing machinery, just about everything.

KL: What comments or suggestions would you give to the next generation if they decide to pursue an education or career in the food industry?

GM: Education and experience really go hand in hand. Education is great, but experience is just as valuable. If

you're a young person, work in the food industry while you are going to school. If you're getting a summer job, get into the food industry and get your feel for it.

KL: Do you have any suggestions on work/life balance?

GM: I think it's very important. You definitely need to take time for yourself. You're much more productive when you have a balance than you are if you don't have a balance.


During the interview Gary also mentioned that Purdy's was participating in the popular television show Canada Sings. At the time, Gary could not comment on the outcome but as it has now aired we would like to offer a heart felt congratulations to Gary and the other hardworking members of the Purdy's team and their win for the MS Society of Canada.



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BCFT Awards Top Food Science and Technology Students

By Anne McCannel

BCFT proudly recognizes top UBC Food Science and BCIT Food Technology students by bestowing annual awards.

This year's winner for the UBC undergraduate award was Keely Johnston. Keely has worked both indirectly and directly in the BC food industry. In 2010 she had the pleasure of working with Dr. Christine Scaman and Dr. Eunice Li-Chan on a project to assess the UBC Food Science undergraduate program. This position allowed her to interview many Food Science professionals in the Greater Vancouver area and connect with Meadowfresh Dairy Corporation, where she was able to pursue her interest in dairy processing in a four-month internship. In 2010, Keely along with Angie Dueck and Jay Martiniuk founded the UBC Food Science Club and ran many events, workshops, and tours. This club is entering its third successful year and will soon be an official IFTSA chapter. She participated in the 2010 CIFST Challenge Cup (and was part of a winning team!), was a BCFT Student Representative, and attended the 2011 IFT Conference in New Orleans. She is currently working at Natural Pastures Cheese Co. in Courtenay, BC for four months, and then will pursue her MSc in Food Safety and Microbiology at UBC.

At BCIT, the BCFT award was shared by Food Tech graduates Karen Edgar and Andrew Hou. Both were



BCIT Grads, Karen Edgar and Andrew Hou receive the BCFT award from Dr. Gary Sandberg.

student representatives on the BCFT executive last year, represented BCIT at the 2012 CIFST Challenge Cup competition, and are currently enrolled in the BCIT Environmental Health program.

BCFT supports two other awards for which the winners have not yet been announced. The BC Food Technologists, Jack Phillips and Jerry Hedding award for a student going into the second year of the BCIT Food Technology program, and the BCFT UBC Graduate Student award will be awarded later this year.

We extend our congratulations and best wishes to all the new graduates.



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Letters to the Executive

Dear BCFT Executives and Members,

I would like to take a moment to extend my most sincere thanks for choosing me as the recipient of the British Columbia Food Technologists Award this year. This award is such an honour and I am overjoyed to have been selected.

Over the past few years I have enjoyed meeting many amazing people and promoting food science as a student representative for UBC and as an executive of the UBC Food Science Club. I look forward to returning to the BCFT executive in January and getting to meet and work with others who are passionate about food science.

I would like to thank the numerous people who inspired me throughout my degree and continue to support me as I continue to explore the field of food science: BCFT executives, faculty and staff at UBC, and my peers. Currently I am working at Natural Pastures Cheese Co. in Courtenay, BC and will be starting my Masters in Food Safety and Microbiology at UBC in January.

Thank you all again for your support!

Best,

Keely Johnston

Dear Members of the BC Food Technologists

I would like to extend my sincerest thanks for being presented the BCFT Food Technologist Award in Food Technology. I was very honored to be a recipient.

I immensely enjoyed my time as one of the student representatives on the Executive board. It was a wonderful and eye-opening learning experience.

The past two years at BCIT have been rewarding and have transformed my perspectives regarding the food industry. I would like to take the opportunity to extend my thanks to the BCIT Food Technology faculty for their amazing patience and support.

Currently, I am enrolled as a 1st year for the Environmental Health Program at BCIT. This is a thrilling opportunity for me and I would like to thank everyone who has helped me reach this point.

Again, thank you all for your generosity and support.

Sincerely,

Andrew Hou

To the BC Food Technologists,

I would like to thank you for presenting me with the BC Food Technologists Award. I am thankful for the opportunity to be the BCIT Student Representative on the Executive Board. I enjoyed the opportunity to attend the monthly meetings and to share the information with my classmates. This position provided me with volunteer opportunities during the BCFT Suppliers' Night. I am also thankful for the funding that was supplied to me and my classmates for the Student Challenge that was held at the CIFST 50th National Conference in Niagara Falls.

This September I will be starting the Environmental Health Program and am looking forward to continuing my studies at BCIT.

Thanks again for the BCFT Scholarship.

Sincerely,

Karen Edgar

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Contact:

Rebecca Robertson
Instructor & Course Developer
rebecca_robertson@bcit.ca

**We're on
Facebook!**



BCFT has expanded its web presence to Facebook. Facebook is a free social networking service connecting individuals to their friends.

Find the page at <https://www.facebook.com/pages/British-Columbia-Food-Technologists-BCFT/180485308680605>.
"Like" us to get all the latest BCFT updates!

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For complete details on placing your ad in *Tech Talk*, contact:

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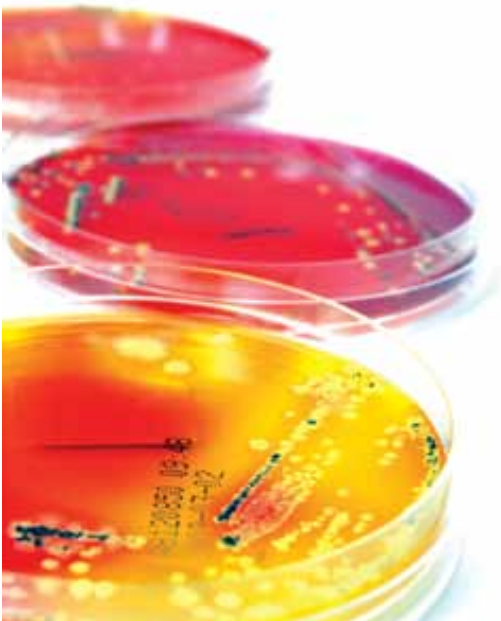
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Check out the current positions available at this link: www.bcft.ca/employment.html

For more information or to post a job, please contact Angie Dueck at employment@bcft.ca.



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The BCFT is Looking for You!

As you know the BCFT is run entirely by volunteers and once again we are soliciting members for their interest in participating in next year's executive. We will have a number of vacancies to fill. Help keep our flame burning bright.

If you are interested in volunteering please contact Reena Mistry at chair@bcft.ca.

Calling all UBC FNH, Nutritional Sciences & Food Sciences Grads!

Are you a graduate of the FNH, Nutritional Sciences, or Food Sciences program at UBC? Then we would like to reconnect with you! The Food, Nutrition and Health program at UBC wants to stay connected with its alumni.

If you are interested, send us a quick e-mail at fnh.alumni@ubc.ca to update your contact information (name, email, major and year of graduation).

Or, connect with us by Facebook by joining our group at "UBC FNH Alumni". A great way to stay up-to-date with the program and to connect with former classmates!



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B.Sc. in Food Tech. & Op. Mgmt. Info Session Event

You Are Cordially Invited to our "Information Session/ Dinner Event" on the Proposed B.Sc. in Food Technology & Operations Management.

Join us to find out more about BCIT's proposed Food Technology Bachelor's Degree. This dinner event will include a presentation on this much-anticipated Degree Program, a question-and-answer period to gather your feedback, and an opportunity to network with employers and BCIT Food Technology graduates and students.

RSVP to Maria Phillips 604-432-8311 by Friday, Sept 21, 2012.

When: Thursday October 4, 2012 from
5:00 PM to 8:00 PM PDT
Where: BCIT - Burnaby Campus
SE2 - Townsquare D
3700 Willingdon Ave
Burnaby, BC V5G 3H2

Agenda:

5:00 - 5:30 Registration/Reception
5:30 - 7:00 Welcome Remarks
Alexander Ku
Associate Dean SoHS, BCIT
Dinner will be served



SCHOOL OF
HEALTH SCIENCES

7:00 - 7:10 Presentation - BCIT/SOHS Direction
Bill Dow, Dean SoHS, BCIT
7:10 - 7:20 Presentation - Industry Perspective
Walter Wardrop
Industrial Technology Advisor
IRAP, Food Technology Diploma
PAC Dhair
7:20 - 7:30 Presentation - Degree Overview
Dr. Gary Sandberg
Program Head, Food Technology
Diploma, BCIT
7:30 - 8:00 Q&A

BCFT Website

Please check out the BCFT website at www.bcft.ca for:

- Up to date information about upcoming BCFT events
- Job Postings (<http://www.bcft.ca/employment.html>.) for those companies needing a hard working food technologist.



If you have any feedback or events that you would like posted, please email Angie Dueck at webmaster@bcft.ca.



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