



## BC HOSPITALITY FOUNDATION AWARDS INDUSTRY SCHOLARSHIPS

At the Hospitality Industry Conference Gala Dinner on November 24, 2009 held at the Fairmont Waterfront Hotel and hosted by the BC Hotel Association, the BC Restaurant and Food Services Association and the Association of Beverage Licensees the BCHF recognized the efforts of the next generation of hospitality workers. Working behind the scenes to create memorable experiences, hospitality workers are often not given their due, and the BCHF aims to bring these individuals into the limelight and to foster their careers as they move forward into the workforce.

In total, the BCHF awarded 11 scholarships at \$2,000 each. These were given to students around the province in programs ranging from hospitality, pastry and culinary schools. Flanked by BCHF Business Development manager Alan Sacks on the left and Vice-President Geoffrey Howes along with BCHF Scholarship Chair Bing Smith on the right, the students honoured from left to right are:

Yuri Perez Gonzales - University of Victoria – Victoria  
 Laura Brown - North Island College – Campbell River  
 Chris Blois - Selkirk College – Nelson  
 Niranjala Storm - Camosun College – Victoria  
 Lillie Turner - Thompson Rivers University - Culinary - Kamloops  
 Daniel Gibbs - Vancouver Community College - Vancouver  
 April Erikson - Okanagan College - Kelowna  
 Kirsten Wolff - Douglas College- Coquitlam  
 Robin Phelan - Royal Roads – Victoria  
 Caitlin Mayo - Vancouver Community College - Culinary (Pastry)  
 Shannon Callanan - Vancouver Island University - Nanaimo

For the full story, visit [www.foodvancouver.com/news/blue-water-cafe-and-bc-hospitality-foundation-news](http://www.foodvancouver.com/news/blue-water-cafe-and-bc-hospitality-foundation-news).

## FINDING BALANCE

During the fall semester 14 students participated in an eight week workshop on "Finding Balance" at the Castlegar Campus. Facilitated by Counsellor Robin Higgins, the free workshop focused on ways to stay balanced and healthy when dealing with stress and craziness of college life. Using mindfulness and deep relaxation techniques, art, role-plays and group discussions, students explored different strategies for calming their minds and bodies so they could deal effectively with their everyday challenges.

Students participating found the workshop to be very beneficial. "It's the one thing I looked forward to all week," explained Peace Studies student, Melissa Koftinoff. "It really helped me relax and realize where I'm at in terms of my stress level."

Robin hopes to hold a similar session for students in the New Year at the Silver King Campus.



*Melissa Koftinoff, Peace Studies student and Finding Balance participant.*