

# CENTRICITY

VANCOUVER  
COMMUNITY  
COLLEGE



Volume 4, Issue 7

ARCHIVES

May 2, 1993

CITY CENTRE

## DO YOU LIKE EAST INDIAN COOKING?

At the City Centre Day held in February, a group gathered to learn what makes east indian cuisine so tasty. Well, the comments received from the participants were that east indian dishes are **HOT AND SPICY**. Would you like to experiment this flavour? Why don't you try some of the following recipes. They are great, easy to make and very nutritious!

### CHICKEN (Lamb or Beef) CURRY

- ½ cup butter or oil
- 2 small onions, finely chopped
- 1-2 clove garlic, crushed
- 1 teaspoon finely chopped fresh root ginger
- 2 lbs. chicken, cut into pieces (skinned)
- ½ teaspoon chilli powder
- 1 teaspoon garam masala
- ½ tablespoon ground coriander salt
- chinese parsley (cilantro), chopped
- 2 large fresh tomatoes, grated

Melt butter or oil in a heavy pan over moderate heat. Add onions, garlic and ginger and saute until onions are soft and golden brown. Add tomatoes and remaining spices (except garam masala and parsley) and mix.

Add chicken and continue frying, stirring occasionally, until the meat is evenly browned.

Add 1-2 cups of water and bring to boil and simmer for a few minutes until meat is tender. Garnish with fresh parley and garam masala. Serve with rice or roti.

May marinate the meat overnight with plain yogurt, crushed garlic and crushed ginger.

### PEAS PILAU

- 2 cups rice
- 1/3 cup or butter
- 1 small onion sliced, lengthwise
- 2 cloves
- 2 pieces of cinnamon sticks
- 2 bay leaves
- ½ cup shelled peas
- 4 cups water
- salt
- 1 piece cardamom

Wash the rice and soak for 30 minutes in cold water, then drain thoroughly.

Heat the ghee or butter in a large pan and fry the onion until they are transparent but not brown. Add cardamom, cloves, cinnamon and bay leaves. Cook stirring for one minute.

Stir in the rice and cook for another minute. Add peas and stir one minute. Add water, salt to taste.

Bring to a boil and simmer, covered, until the rice and peas are done and the liquid is absorbed.

Serves 8.

### KUTCHUMBER

- ½ cucumber, peeled
- 1 red onion
- 2 tomatoes
- 6 small radishes
- 2 teaspoons lime juice
- salt and pepper
- chopped cilantro to garnish

Combine the cucumber, onion, tomatoes and radishes in a bowl. Mix the lime juice, salt and pepper. Toss the salad in this mixture. Sprinkle with chopped cilantro leaves.

### AND FOR DESSERT? KULFI

- 1 can evaporated milk
- 3/4 can Eagle Brand Condensed Milk
- 2 cups Cool Whip
- 1 can Nestle Thick cream
- 4 oz. blanched sliced almonds
- cardamom & saffron (optional)

Whip separately the evaporated milk, cool whip and Nestle thick cream. Then combine all three in a large bowl. Fold in the condensed milk, mix thoroughly. Add crushed cardamom & saffron. Pour and set in serving dish, sprinkle almonds. Let stay overnight in freezer.

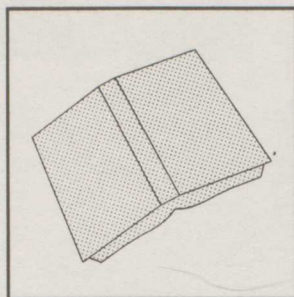


## CITY CENTRE

### A REMINDER FROM THE LIBRARY

If you are giving all your students the same assignment, please contact the Library before doing so. If the Library has limited

information on a particular topic, we can put some material on *reserve* - either for in-library use, overnight, or one-week loan periods - to ensure that all students have access to enough information to complete their assignment.



### Subject Responsibilities

#### Technical and Health

Phyllis Butler local 8346

Sandra Jones local 8348

#### Business and Tourism & Hospitality

Eva Sharell local 8349

Janet Wurzbach local 8349

### Check this out!

Always at Ease:

"Overcoming Anxiety and Shyness in Every Situation"

Decline & Fall of the American Programmer

Just Listen 'n Learn Spanish [audio cassettes]

Skilful Teacher

Step Forward: Sexual Harassment in the Workplace

Taste & See: Allergy Relief Cooking

### New Videoseries!

State of the Art:

Ideas and Images in the 1980's

#1 History

#2 Value

#3 Imagination

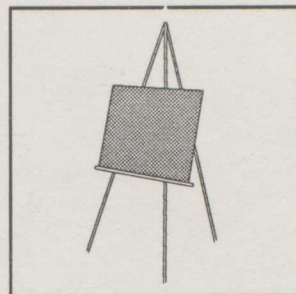
#4 Sexuality

#5 Politics

#6 Identity

### SUMMIT ON APPLIED STUDIES NEXT STEPS

A Planning Committee is being organised to prepare for a major event focused on *Applied Studies*.



This will be a continuation of the process initiated with the Nanaimo "Summit on Vocational Training." The aim of this process is to energise the educational systems of the province to assist in providing Canada with skilled workforce to complete successfully in global competition.

John Cruickshank had announced at the Nanaimo Conference that VCC would host the next in hopefully a series of ongoing events. With the VCC event in mind, a group of participants at Nanaimo started to brainstorm on the kind of event VCC should stage. In order to tap into the full talent of VCC, **additional input is required to develop a planning group for this 1994 event.**

Those persons wishing to provide input or participate in the planning group are urged to contact **Sam Lewindon at KEC, local 7012**. He will give you the time and location for the next meeting.

### WANTED

Looking for a bookshelf, at least 3 shelves height (4/5 would also do).

If you have one not in use, please contact **Joyce Zomer, local 8529**.



**Scholarship Recipients for Awards  
to be presented at Scholarship Ceremony  
May 21, 1993 Room 240 at 1:00**

<u>NAME</u>	<u>PROGRAM</u>	<u>AWARD and AMOUNT</u>
Robert G. Templeton	Hospitality Administration	Louis Stervinou - \$800
Randal Linhart	Hospitality Administration	Louis Stervinou - 800
Neil Gilligan	Accounting	C.G.A. (fee remission) - \$600
Christina Saunby	Dental Assisting	Chaim Zbar - \$500
Jia Bin (Dennis) Liang	Printing Production	Coast Paper - \$500
Dane Graburn	Printing Production	Coast Paper - \$500
Ivan Innes	Printing Production	Coast Paper - \$500
Vance Lucente	Printing Production	Coast Paper - \$500
Joy Gusway	Printing Production	Coast Paper - \$500
Deanna Smith	Printing Production	Coast Paper - \$500
Kester Lai	Accounting	S.M.A (fee remission) - \$500
Fung-Mun Leong	Printing Production	Printing House Craftsmen - \$500
Lisa Wong	Printing Production	Printing House Craftsmen - \$250
D.Frida Lau	Accounting	Vanc. Exec. Assoc. - \$500
Wayne Kirk	Traffic, Customs & Transp.	Vanc. Transp. Club - \$500
Gerry Brummelhuis	Culinary Arts	Russell Food Service - \$500
Llewelyn Lloyd	Drafting Mechanical	Fluor Daniel Wright Award - \$500
Brian Uddenberg	Hospitality Administration	White Spot Award - \$500
Dale Costanzo	Computer Graphics	Bruce Nicoll Memorial - \$500
Krystyna Olkiewicz	Nursing Unit Clerk	Bruce Nicoll Memorial - \$500
Navah Olson	Dental Hygiene	Bruce Nicoll Memorial - \$500
Shawna Sutton	Dental Hygiene	Bruce Nicoll Memorial - \$500
Galynn Towers	Food & Beverage Management	Bruce Nicoll Memorial - \$500
Nyella Mehaidtli	Jewellery	Bruce Nicoll Memorial - \$500
Angeline Chew	Printing Production	Bruce Nicoll Memorial - \$500
Rhonda Waterfall	Printing Production	Bruce Nicoll Memorial - \$500
Hee Young Seung	Secretary	Canfor Award - \$400
Vladimir Adamik	Electronics, Computer Option	N.A.B.E.T. Local 83 - \$400
Daljeet Dhillon	Resident Care Attendant	VCCFA Health Div. - \$400
Masoumeh (Farah) Rahimi	Accounting	VCCFA Business Div. - \$400
Michael Cross	Hospitality Administration	VCCFA Tourism & Hosp.Div. - \$400
Ramin Bahrami	Printing Production	VCCFA Technical Div. - \$400
Moragh Goshinmon	Computer Graphics	Pacific Press Award - \$350
Mung Kau Ng	Denturist	George Connolly Award - \$400
Nicole Nelson	Printing Production	Margaret Anderson Award - \$400
Byron Elligott	Hospitality Adminstration	Vanc. Food & Bev. Assoc. - \$400
Michael Fergusson	Computer Programmer	VCC Alumni Assoc. - \$300



<u>NAME</u>	<u>PROGRAM</u>	<u>AWARD and AMOUNT</u>
R. Garth Hutchison	Drafting, Stuctural, Steel	Van Bourne Const. Award - \$300
Donna McMaster	Drafting, Architectural, Mech.	Van Bourne Const. Award - \$300
Dorothy Forster	Electronics Advanced	Ken Wheeler Endowment Fund - \$500
Kevin Parrott	Resident Care Attendant	Rita Bedard Scholarship Fund - \$300
Barbara Tourell	Licensed Practical Nurse	Ellen Shellington Endowment - \$250
Gina Petraroia	Licensed Practical Nurse	Ellen Shellington Endowment - \$250
Michele Roseborough	Dental Assisting	J.H. Williams Endowment Fund - \$275
Janine Jacques	Baking & Pastry Arts	Kirkland & Rose Award - \$250
Mayan Siojo	Baking & Pastry Arts	Kirkland & Rose Award - \$250
Shiro Kawakami	Baking & Pastry Arts	Bakers' Assoc. of BC - \$300
Treana Corby	Hospitality Administration	Linda Singer Award - \$250
Rosa Chang	Travel Agent	Pacific Asia Travel - \$250
Christopher Dougans	Hospitality Administration	Canadian Hosp. Merit Award - \$ 250
Stephanie Kennedy	Hospitality Administration	Credit Union Award- \$567.57
Colleen Smith	Baking & Pastry Arts	Maple Leaf Mills Endowment - \$200
Carol Young	Secretary/Legal Secretary	McMenamon/Richardson Award-\$200
Karen Mclver	Medical Transcriptionist	Hazel Bezeau Award - \$150
Jaroslav Dektar	Electronics	Karl Brown Award - \$150
Matteo Babini	Traffic, Customs, & Transp.	Chevron Award - \$150
Phonna Ng	BEP/Secretary	Hong Kong Bank Award - \$150
Gregory Van Poppel	Culinary Arts	Kiwanis Club of BC Award - \$150
Shannon Ross	Hairstyling	The Rod Larocque - \$100
Gwendolyn Funk	Culinary Arts	Condy Leung Award - \$100
Leslie Roche	Dental Reception	Rotary Surise Club of BC - \$100
Erika Clark	Culinary Arts	J.J. Nowacki - \$300
Bonnie Taylor	Accounting	BC Hydro Scholarship - \$225
Shawn Edwards	Hospitality Administration	Club Managers - \$150
Melanie Carkner	Dental Hygiene	The Joan Voris Award (BCDHA)
Brenda Redman	Dental Hygiene	BC Dental Hygienist Table Clinic
Leah Bergen	Dental Hygiene	BC Dental Hygienist Table Clinic
Linda Hagerty	Dental Hygiene	College of Dental Surgeons - Medal
Bonnie Cooke	Dental Hygiene	GVDHS Professionalism Award
Patti Molstad	Dental Hygiene	Vanc. Health Dept. Award
Sharlene Lowe	Dental Hygiene	Peter Munns Award - \$100
Debra Gullekson	Dental Hygiene	Edward Chesko Award - \$300
John Fredeen	Dental Hygiene	Academy of Dentistry
Lise Booth	Dental Hygiene	Academy of Dentistry
Lorna McLaren	Dental Hygiene	C.V. Mosby Book Award
Lorna McLaren	Dental Hygiene	Hu-Friedy Golden Scaler Award



## WHAT YOU'VE ALWAYS WONDERED ABOUT ....

### FROM THE TOURISM & HOSPITALITY CENTRE

#### 1. Procedures For Banquet Dining Room Bookings

Any request to book the **Banquet Dining Room** (with or without refreshments or food) must be processed through Jackie Ehler, Director of Food Services, local 8486. Dave Donaldson, Department Head of Hospitality Administration has given Jackie a copy of his department's instructional schedule and Jackie will use this to determine if the banquet room is available. If refreshments are required, Jackie will make the appropriate arrangements and will also advise Angelo Iapalucci if necessary.

#### 2. A reminder of the procedures for those of you who wish to reserve tables in J.J.s for more than 8 people:

Reservations for any parties of more than eight people require a set menu. Should you have more than 8 people in your party, please contact Steve Stafford, Department Head, Food and Beverage Management, at least two weeks in advance. Mr. Stafford will consult with the Department Head of Culinary Arts and determine some sample menus for you to choose from.

#### 3. Any request to close J.J.'s must be approved by the Department Head Food and Beverage Management and the Division Chair.

#### 4. A Catering Policy is being developed and as soon as it is approved by City Centre Council, we will forward a copy to each department.

Jackie Sandy



## Consulting Opportunities in South Africa

RECEIVED

APR 14 1993

Executive Offices

### Host Organization:

The Community Based Development Program (CBDP) in Johannesburg, South Africa, established in 1989, offers an annual management and leadership training course to South Africans working at senior levels in community-based organizations. Increasingly, organizations are having to restructure as they meet the new challenges associated with the building of a post-apartheid South Africa. CBDP is helping to build organizations through the provision of practical training in areas of planning and problem-solving, financial management and team building.

### Opportunity 1

**Position:** Strategic Planning and Curriculum Development Consultant

**Term:** 5 weeks in July and August, 1993.

**Location:** Johannesburg, South Africa

**Honorarium:** \$1,500 plus return airfare and living expenses.

#### **Qualifications:**

- At least five years of experience in curriculum development and strategic planning as it relates to competency-based education and employment related training;
- experience in developing a strategic plan for a training-based organization;
- experience in documenting curricula for training courses including such aspects as: standard terminology, organizational topics, instructional strategies, evaluation strategies, and developing information into both a content and process context.

**Deadline:** May 1, 1993.

### Opportunity 2

**Position:** Educational Assessment Consultant

**Term:** 5 weeks in January/February, 1994.

**Location:** Johannesburg, South Africa

**Honorarium:** \$1,500 plus return airfare and living expenses.

#### **Qualifications:**

- At least five years of experience in educational and program assessment as it relates to competency-based education and employment related training;
- experience in all aspects of assessment, including: applicant categorization, student evaluation, program evaluation and the development of assessment systems.

**Deadline:** October 1, 1993.

For both positions, experience working in areas of education relating to Canada's aboriginal population and knowledge of and/or previous experience in South Africa would be considered advantageous. Along with their C.V., candidates should include a two-page (maximum) explanation of why and how they believe their experience and skills would benefit CBDP. Please circulate and/or post this notice. Applications should be sent to:

CBDP Project  
Canadian Bureau for International Education  
1400-85 Albert Street  
Ottawa, Ontario  
K1P 6A4