"The WINNING Ticket!"

Recently the lottery was valued at $600 million. Did you purchase a ticket? The saying goes, “You can’t win if you don't play.” That is certainly true and reminds me of a quote by hockey great Wayne Gretzky who said, “You miss 100% of the shots you never take.”

When each one of you made a decision to continue your education with us, you took a shot and bought a ticket. Every single one of you are increasing the chance of success when you enter or continue in the field upon graduation. For me, I also like to think about it as the golden ticket in the movie Willy Wonka and the Chocolate Factory. So many chocolate bars sold, yet only a few carrying the golden ticket. Each one of you BELONG here, YOU were accepted and were given a GOLDEN ticket to attend culinary school. Obstacles present themselves in different ways, shapes and forms, yet you continue to adapt, overcome and persevere.

In many ways, I feel like I won the lottery. Every day I am fortunate enough to walk with CULINARY PRIDE through the front doors and share educational experiences with incredible students, faculty and staff while reaching my potential daily. I am fortunate enough to have realized years ago what STIRS MY SOUL. This consuming passion feeds my insatiable hunger for ongoing knowledge. I have the opportunity to share this program with others, to give them the opportunity to reach their potential everyday and TASTE SUCCESS in their careers and lives. I am able to CASH in every day!!

YOU still acknowledge your WINDOW of OPPORTUNITY each day in many ways. The CHOICES you make influence your decisions. There will be doors open to you when you complete the program and graduate. Will your window open and present you with a lottery ticket? What opportunity is waiting for you behind the closed doors that you WILL open?!

Choices and decisions are you making give you better odds at WINNING! You are here making a difference in your career; growing, maturing, learning and enjoying your experience. What if the lottery was only $100?! The value of EF-FORT is priceless and wins every time. What is it that gets you out of bed in the morning and STIRS YOUR SOUL? Many of you are finding out what that is, some of you may already know. One thing is certain: as the C.E.O. of Y.O.U., the WINNING ticket is already in your hand. Where will YOU cash it in? HOW will you best put it to use? Decisions, decisions...windows, doors, rope, tables...all in your REACH!

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“The difference between TRY and TRIUMPH is just a little UMPH”

Life isn't about finding yourself. Life is about creating yourself.”

--George Bernard Shaw
STUDENT COUNCIL keeps the “STU” in STUCO

Trina Fischer, our purchaser, has taken the helm as the Student Council sponsor since joining our staff a few short months ago. She has hit the ground running and holds regularly scheduled STUCO meetings, handles the STUCO balance sheet and budget, and supports EVERY student with her management of storeroom operations.

Your student council has many balls in the air and juggles them all. This picture is of STUDENTS from the 07CU12 class attending their class trip to Norwood Hills Country during their Dining Room Service Management and CU105 class. Students are served a three-course lunch and given a tour of the operation, starting in the front of the house and finishing in the kitchen. This is a great way for students to see a country club setting and see some of the things they learn about from Chef Amy.

STUCO funds this trip every fifth term for EVERY STUDENT in the program! Students make pies and cakes in Chef Hovland’s CU105 class and sell them to assist in funding the trip. In addition, STUCO was hard at work selling fudge for Mother’s Day, t-shirt sales, a 50/50 drawing, assisting the Hickey STUCO in their RED CROSS donations, and is gearing up for their annual COOKIES for the CURE drive as well as SOUPS for our TROOPS. Student council is a group of dedicated, hard-working STUDENTS who represent our student body and work diligently to keep the “STU” in STUCO!
GARDEN CLUB has had a successful first year! Last summer's heat burned our hopes of a tomato crop big enough for a Spaghetti Supper, but we always have this year to look forward to! The herbs we got from the Botanical Garden’s annual Herb Sale are doing AWESOME! We have a plethora of sage, rosemary, French thyme, lemon thyme, and oregano! If your kitchen class needs herbs, feel free to harvest from our Herb Garden!

Special thanks to John Estopare, Rebekah Shepherd and her family for tilling our expanded garden this year. We have had a slow start thanks to Mother Nature and all of the recent storms and rain, but under the leadership of Chef Amy, the garden finally got planted. Thanks to Ryan Davidson, Andrew Tivilik, John Estopare, and Rebekah Shepherd. Thank you all for your hard work and dedication to our garden. It is an exciting time to be a garden club member! So, keep an eye out for opportunities to participate and get your points!!!

There will be no shortage of watering duties starting next week. See Chef Amy for details and to sign-up. Garden Club points will be given for different tasks, such as pulling weeds, watering and harvesting. This is an excellent opportunity to learn about WHERE your food comes from as well as SET YOURSELF APART as you build your resume every day!!!

Here we GROW again...
STUDENT CULINARY TEAM comes in FIRST PLACE!

Chef Justin Keimon once again coached your student culinary to a FIRST PLACE WIN and American Culinary Federation bronze medal. Chef Keimon hosted tryouts for interested students based on classic knife cuts and boning a chicken. Once the team was selected, they met with Chef Keimon each week for four months, many times twice a week!

The elements of teamwork, mise en place, organization, timing, sanitation and communication were constantly evolving. The team worked very hard to combine their skills learned in our program to develop their winning performance. The competition involves a relay-style skills salon including fish fabrication, chicken butchery, knife cuts and pastry skills. Following the salon, each team was required to produce a four serving four-course menu in an hour and a half. ACF certified judges observed their time in the kitchen and tasted their food.

The student culinary team consisting of Naname Adriano, Andrew Tivilik, Chris Coggins, Jessica Bernucho and Keith Coulon received the highest score of all four competing teams garnering enough final points to receive an ACF student BRONZE medal! Congratulations TEAM! You all did a great job representing our program and we are all very proud of you and the CULINARY PRIDE you demonstrated.
Every process has its necessary stages. All of our students go through an extensive new student orientation on Day One and progressive orientations in their kitchen and related classes. Every 8 weeks, all of our groups shift gears and travel to a new term to continue connecting the dots on the road map. With each Term Paper, I keep everyone updated on the progress of each group.

In addition, we have our E Walk spoons and graduate spoons hanging in the wall as you exit the building, signifying where each group is in their progression. These are our current groups:

**11CU11 (Externship)**
**03CU12**
**07CU12**
**11CU12**
**03CU13**

We prepare to bid our 11CU11 group farewell on July 3 during our culinary graduation and celebration. On Monday, July 8, we will welcome new students at orientation for the 07CU13 group. Once the stages of culinary and professional development take place within our walls, an Associate’s Degree is awarded and it is time to start the process all over again.

You’ll APPLY what you have LEARNED here. You’ll do THERE what you did HERE. Make the most of each day and before you know it, you’ll be standing on the path paved by those before you.

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**New Start, New Students**

Our newest group of students entered the program on March 4, 2013. The 03CU13 group has done well—achieving their ServSafe certificates and finishing Tasting Success! Now they are in their second term, making progress each day. They are the front bookend of our program for now, but it won’t be long before our July start arrives and they will be the “new kids on the block.”

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**Pomp and Circumstance**

Our very first students graduated on May 5 last year. They walked into our brand new school in July 2010. Their journey has led them across the stage, diplomas in hand, asking the question, “What’s Next??” We congratulated them all and wished them well in their future endeavors. The 07CU11 group joined the group of previous graduates in their walk across the stage on May 11. Up next this fall will be the 11CU11 and 03CU12 graduates. Keep the bookends moving and dreams alive!
This question was posed by one of our instructors, “How are students to learn to become leaders?” We all have the challenge of looking at ourselves and our performance each day in the mirror and asking the difficult questions. There are many “how to’s” that we all partner in each day but to address specifically “how to” teach our students to step into a leadership role was an interesting question to explore. We looked at what we already had in place in our Student Sous Chef role in our kitchens each day. First we decided to expand on that role for each student. We show them “how to” properly label, date, rotate product in addition to performing their daily tasks as sous chef. Now we are addressing “how to” be Accountable for Actions, signing off on temperature logs, and insuring proper follow-up regarding inventory and storeroom procedures. In short, this program allows each chef-instructor the opportunity to spend valuable one-on-one time with each student sous chef, to address any concerns and to celebrate progress as students climb their ROPE.

We already had our Student Council (STUCO) (nominated by fellow students) and Student Ambassadors (named by instructors) in place, but were looking for another piece of the puzzle. Our Peak Performer program was already in place but there was still something missing... Our STUDENT LEADERSHIP PROGRAM was introduced to foster the spirit of the Culinarians Code by giving assistance to instructors and fellow students. The mission of a student leader is to lead by example, provide support and encouragement to fellow students, act as “Ladies and Gentlemen serving Ladies and Gentlemen”, and always be professional in their actions. Our committed Student Leaders are individuals that demonstrate leadership and act as role models for fellow students in all classroom and school functions. They are students who are approachable, dependable, and available to any student that may need help with schoolwork, projects or tutoring.

The purpose of a Student Leader is as follows:

* Exhibit a positive position and act in an appropriate manner when representing the school in the kitchen, community or charitable function.
* Have a motivational attitude and accommodate students, faculty, and staff in a helpful manner.
* Act as a mediator for minor conflicts within the classroom and helps to try to resolve the issues before the issue is taken to the Chef or Instructor.
* Prepare for your culinary career acting first as a good follower, paving the way to future leadership.

Your Student Leaders are: Andrew Tivilik, Rebekah Shepherd, Jessica Kinane, Jessica Hickman and Chris Coggins. Your Student Ambassadors are: Christine Melton, Jesse Knickerbocker, Tiffany Miller, Taylor Bond, Annmarie Goerisch and Cat Crump.

Your STUCO members are: Perry Lightfoot, Chris Ketterer, Lauren Sullivan, Abigail Ambrosino, Kyerra Cox, Andrea King and Lauren Johnson.

The Peak Performers who climbed their ROPE this past term were: Christine Melton, Jessica Bartlett (parking spot!), Chris Coggins, Ashley Wilson, Stephen Franzen, and Dan Buerger. Congratulations for cashing in on your efforts!
Peak Performers find their SPOT

Peak Performers is a concept that we have pulled from TASTING SUCCESS and our Charles Carroll Award. Each eight week term your Chef-Instructor in kitchen lab will determine a student who best exemplifies the characteristics of climbing ROPE and chewing off the end of the table. These students will be announced during their class and given a certificate to put in their portfolio.

Last term’s Peak Performers were: Christine Melton, Jessica Bartlett, Chris Coggins, Ashley Wilson, Stephen Franzen, and Dan Buergler.

The names of each student are put into a chef’s hat and one name is drawn out. The winner of the Peak Performer parking spot this term is Jessica Bartlett.

This award was created to give each of you something to REACH for and determine what YOUR personal best is. Peak Performers are posted in the student lounge each term. Please acknowledge their EFFORTS and congratulate them for their outstanding performance last term! Cha-ching!

Culinary Club seeking members

Each member is required to earn FIVE activity points. Activity points are earned for passing your ServSafe exam, completing the Tasting Success program, attending 3 ACF Chefs de Cuisine Association of St. Louis meetings, assisting with volunteer opportunities or becoming a member of the other two clubs. Three activity points are awarded for participating on the student culinary team or becoming a member of the ACF Chefs de Cuisine Association of St. Louis.

Culinary Club members are: Robert Joffrion, Nolan Logan, Andrew Tivilik, Gino Vazquez, Billy Rhodes, Naname Adriano, Melinda Woodham, Andrew Popp, Christine Melton, Ciara Lewis, Chris Coggins, Jessica Bernucho, Keith Coulon, Lee Dungan, and Perry Lightfoot.

When you become an ACF member, please let me know, so I can update our list and give you activity points.

Keep setting yourself apart!
Two terms ago, we added ScholarDollar$ to our Tasting Success curriculum. The idea is for EVERY student who passes through the front doors to at least be aware of the opportunities that exist for them financially. If any student is interested in scholarship information, I have developed a packet of information that I will present to you at your request. Each of your instructors also have the packet and will gladly share the information with you if asked. Our Financial Aid officer, Ms. Dana Hoguet, is available to assist any student in preparing scholarship applications, especially the financial aid portion. In addition, our librarians Ms. McReynolds and Ms. Delfert are available to assist with scholarship applications in any way. In many cases, scholarship money goes unused! The hardest part is often simply taking the time to fill out the forms properly and send them in.

ScholarDollar$ are a surefire way to set yourself apart!

Since our program started we have had several culinary students who earned Hickey College scholarships at Scholarship Day. Current students who have received scholarships while in the program are:

**Christine Melton**
ACF Education Foundation ($500)
American Hotel and Lodging Educational Foundation ($1000)
St. Louis Area Hotel Association ($500)
Network of Executive Women in Hospitality (NEWH) ($2500)

**Christopher Coggins**
St. Louis Area Hotel Association ($2500)

**Andrea King**
Missouri Restaurant Association ($1500)

Congratulations to these scholarship recipients!

(Christine Melton Receiving her ScholarDollar$)
Certification

Differentiate Yourself

In a “sea of white jackets” competing in the job market, it is essential to prove your culinary competency.

Certification through the American Culinary Federation demonstrates skill, knowledge and professionalism to the food service industry. Certification is not only a benchmark for personal and professional achievement but it has also become recognized as a standard of excellence in the industry.

What ACF certification means:

* Your skills and culinary expertise have reached a set benchmark
* You are well versed in culinary nutrition and food safety and sanitation
* You understand the responsibilities of culinary supervisory management
* You recognize the importance of high standards for food preparation
* You take charge of your professional development and career

All of YOU have the opportunity to become Certified Culinarians upon graduation from our program. It is important to consider the benefits, beginning with “setting yourself apart.”

Membership in the local chapter of the American Culinary Federation holds great networking advantages, not to mention opportunities for culinary education.

Visit [www.acfchefsdecuisinestlouis.org](http://www.acfchefsdecuisinestlouis.org) for more information regarding membership or ask any of your Chef-Instructors about the benefits of membership.

We are asked each and every day, “What sets your program apart” and our proud response is, “Our focused curriculum and outstanding instructors that support our greatest asset—our incredible STUDENTS!” The mere fact that YOU were accepted to attend this program immediately sets you apart. Our ACF Certified Chef Instructors also give credibility to our ACF Accredited Program.

Current Certified Culinarians:

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<tr>
<th>Name</th>
<th>Code</th>
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<tbody>
<tr>
<td>Thomas Monroe</td>
<td>07CU10</td>
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<tr>
<td>Amanda Schaefer</td>
<td>11CU10</td>
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<tr>
<td>Mark Silva</td>
<td>11CU10</td>
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<tr>
<td>Brenden Helbig</td>
<td>11CU10</td>
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<tr>
<td>Linda Gumprecht</td>
<td>11CU10</td>
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<tr>
<td>Kristal Little</td>
<td>08CU11</td>
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<td>Stacie White</td>
<td>07CU11</td>
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<tr>
<td>Derek Kaliszewski</td>
<td>07CU11</td>
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<tr>
<td>Cory Yeates</td>
<td>07CU11</td>
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<tr>
<td>Alexa Camp</td>
<td>07CU11</td>
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<tr>
<td>John Meckles</td>
<td>07CU11</td>
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<tr>
<td>Amanda Mitchell</td>
<td>07CU11</td>
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<tr>
<td>Mollina Stallings</td>
<td>07CU11</td>
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<tr>
<td>Raygena Sweet</td>
<td>07CU11</td>
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<tr>
<td>Mary Tran</td>
<td>07CU11</td>
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<tr>
<td>Alicia Rodriguez</td>
<td>07CU11</td>
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<tr>
<td>Raygena Sweet</td>
<td>07CU11</td>
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<tr>
<td>Mary Tran</td>
<td>07CU11</td>
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Upon graduation, these students will join our current “CC” group:

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Maria Adriano</td>
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<tr>
<td>Christopher Winkelman</td>
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<td>Melinda Woodham</td>
<td>11CU11</td>
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<tr>
<td>Josh Daniels</td>
<td>11CU11</td>
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<tr>
<td>Gino Vazquez</td>
<td>11CU11</td>
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<tr>
<td>Kiara Combs</td>
<td>11CU11</td>
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