

# TECH TALK

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## 2016 / 2017 BCFT Executive

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# Upcoming Events

## 2017 BCFT Speaker's Night Coming Soon!

### *Supply Chain Management – Minimizing Food Waste*

The annual BCFT speaker's Night, organized by BCIT Student Representatives, will be on Tuesday January 24 at BCIT Burnaby Campus.

This year's keynote speaker is Pearl Hrabarchuk, Supply Chain and Program Manager Food Services, Boston Pizza. Pearl is passionate about the topic of food waste. She will give examples of what can be done in this area, and initiatives taken by Boston Pizza.

A second speaker is to be announced.

More Information about 2017 Speaker's Night

Date: Tuesday January 24, 2017

Time: 5:45pm - 8:30pm

Where: BCIT Burnaby Campus, 3700 Willingdon Avenue, Burnaby Building SW1 room 1285 for a light meal and networking; Building SW3 room 1750 for the presentation

Pay parking is available after 4:30 pm in lots P5, P7 or P8 (access from Wayburne or Carey Avenue; these lots cannot be accessed from Willingdon), or lots P4, P6, or N (access from Willingdon). See <http://www.bcit.ca/files/lrc/pdf/bcitmap.pdf> for map.

#### Itinerary:

- 5:45 Check-in/Registration
- 6:00 Ice-breaker and activities
- 6:30 Refreshments, light meal
- 7:00 Speaker: Pearl Hrabarchuk, Boston Pizza
- Second speaker to be announced
- 8:00 Door prizes, wrap-up

#### Advanced Registration Fee:

- Student BCFT members: FREE
- Student non-members: \$10
- BCFT members: \$15
- Non-members: \$25

\*Admission Fee is \$35 at the door regardless of membership status.

To register, please follow the link below:

[http://www.bcft.ca/upcoming\\_events.html](http://www.bcft.ca/upcoming_events.html)



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## BCFT is Looking for You!

As you know the BCFT is run entirely by volunteers and we are always soliciting members for their interest in participating in our executive or helping at our events.



Help keep our flame bright. If you are interested in volunteering, please contact Karl Li at [chair@bcft.ca](mailto:chair@bcft.ca)

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## Upcoming Events

### **BCFT 23<sup>rd</sup> Annual Suppliers' Night**

BCFT is pleased to announce our 23rd Annual Suppliers' night on Wednesday, February 22, 2017. We are excited to return to the [Delta Burnaby Hotel & Conference Centre](#), central and convenient to both suppliers and attendees! This event is an exceptional opportunity for learning about new companies, products and services and networking with other R&D technologists, food scientists, purchasers and senior management from leading food and beverage companies within BC.

#### **Day of the Event**

**Date:** Wednesday, February 22, 2017

**Show Time:** 3.30pm - 7.00pm

#### **SEMINARS:**

**A:** Clean Label Expectation: Turning R&D Challenges into Winning Formulas with Botanicals  
*BI Nutraceuticals*

**B:** Flavour trends and technology. Understanding flavor chemistry and trends to meet the demands of Canadian consumers. – *Kerry*

**C:** Isomalto Oligosaccharide (IMO): A Multifunctional Natural Ingredient – *BioNeutra*

**D:** Hydrocolloid/GUM 101 – *Ingredion*

**Attendee registration will open soon. Visit [www.bcft.ca](http://www.bcft.ca) for more information.**

## Upcoming Events

### Mark Your Calendars!

#### Pacific Fish Technologists Conference 2017

The 68th Pacific Fisheries Technologists' (PFT) conference will be held February 5-8th 2017 in downtown Vancouver, BC Canada at the Pinnacle Harbourfront Hotel affording majestic views over Vancouver Harbour to Stanley Park and the North Shore Mountains.

This year our keynote speakers will address our theme of **"From bottom to top: ethics matter"** and we are planning an exciting line up of papers and presentations to stimulate discussions concerning technical, scientific and ecological matters related to the seafood industries; processing; safety; developments in the academic world and the ever changing regulatory environment within which we all work.

The PFT conference is an annual international event that moves between the Pacific States and Provinces of Mexico, USA and Canada. We are always thrilled to welcome a sizable contingent from Asia, Europe and elsewhere and have a reputation for being a friendly, welcoming group where old acquaintances are renewed and many new ones made. Whether you work in academia, government, seafood industry, supporting industries, are a student or merely interested in fish – plan to come to PFT for 4 days of networking and fun

Details available at [www.pftfish.net](http://www.pftfish.net)



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## Think about Advertising Your Business in Tech Talk.

You can't afford to miss this opportunity to advertise!

Tech Talk is published approximately nine times a year by the British Columbia Food Technologists Association (BCFTA). As the official publication of the association, Tech Talk reaches the local audience of individuals in the Food Science and Technology profession – your ad in Tech Talk will keep you on top of our readership of over 300 individuals.

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

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We accept ready-to-print copy of your ad in PDF or JPG format in color or black & white. The advertisements can be sent by email or other digital format.

### RATES:

Business card	(4" x 2")	\$30
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½ Page Sponsor	(4" x 10")	\$90
Full Page Sponsor	(8" x 10")	\$150

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## BCFTA Website

Please visit the BCFTA website at [www.bcft.ca](http://www.bcft.ca) for:

- Up to date info about upcoming BCFTA events.
- Job Postings ([www.bcft.ca/employment.html](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 Keely Johnston at [webmaster.bcft.ca](mailto:webmaster.bcft.ca)

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## **Event Summary – New Professionals Bowling Night – November 21, 2016.**

**Submitted By Praveena Thirunathan**

When you think of networking events, you imagine a fashionable bar, professionals dressed in slinky dresses and suits, cocktails with contemporary names, and business cards zipping around the room like bees from one flower to the next. This was definitely what I had in mind when BCFT announced their next networking event, until I saw the finer details: that it would be a bowling and pizza night?! I was intrigued (more by the pizza than the bowling because carbs are blessed) and signed up immediately. I was a bit nervous because I consider myself a novice networker, and making small talk has never been my forte. These nerves were laid to rest when I met Maggy, who welcomed the other attendees and I very warmly at Rev's Bowling in Burnaby, on November 21, 2016. It was then I realized that this evening would actually be quite fun!

We started off with an icebreaker, a human bingo game which helped us get to know one another. There were typical questions like "Find someone who has been to the IFT Annual Meeting", and then there were...not so typical questions like "Find someone and ask them their most embarrassing professional moment"! In retrospect, I should have asked that second question to more of the attendees. There were also appetizers like chicken wings and a veggie plate, good for munching on as we asked funny and entertaining questions to each other. Lemonade and soda, as well as beer or wine (if we wished) slaked our thirst for the evening.



Then came the main event of the night: bowling! We were split into groups and I was placed with two professionals, a younger professional working in an internship, and an older professional who is well seasoned in the industry. I really liked how the groups were designed and chosen for you so you can meet a variety of new people. It's tempting to stay with your friends, but in this way, you force yourself to expand your horizons and talk to people. In my case, I'm an undergraduate student at UBC, so it was enlightening talking to both professionals to see what my career could possibly look like in the short and long run. Personal bonus: the professionals have worked in an area that I was thinking of relocating to after I graduate! I think the bowling aspect also helped defuse some of the nerves that I had with talking to professionals, because it gave us something to talk about than just careers and food science (like how I rolled a gutter ball again). I also need to highlight the pizza because really: all-you-can-eat pizza. Does that not make your heart sing for joy? There was cheese, pepperoni, Hawaiian and vegetarian pizza available, and my heart definitely sang the praises of melted cheese on dough as I took multiple slices.

Throughout the night, the atmosphere was full of laughter and merriment. The event organizers, Maggy, Gracia and Jenny, were always happy and there to help when something went wrong. Everyone was having a good time, and in this relaxed environment, I had no problem talking to all of the attendees. It was also interesting for me to see UBC grad students at the event, as many of them are or were my TAs in my courses. I may have been scared to talk to them in the hallways, but in this informal setting, I had no problems chatting them up about their research work. As I looked around, I saw that the attendees looked like they were happy and satisfied, and not just because they achieved a high score. This event really helped young professionals learn more about where their career could progress from the industry veterans, who then in turn were interested to learn about the challenges and insights that these young professionals have for their career. Students, both undergraduate and graduate, were able to learn more about what really goes on in the workplace, and have a glimpse of what the post-school life would be like for them. This is an event that really benefits everyone involved, and I'd be happy to go to future BCFT networking events.

In the end, the winner of the night was Jonathan Weber, followed by Abraham Navarro in second place. Felicia Woo also won a prize for coming in last, but she is definitely not the least skilled in bowling. Although I left a bit early to catch the Skytrain, I managed to say goodbye to everyone I had talked to. I highly recommend going to a BCFT event, even if it's your first time, because everyone I met there have been warm and welcoming, and I have no doubt that you will be just as welcomed too.





## **Spotlight on Professionals**



**Michelle Lui has over 15 years of experience in food manufacturing, safety and quality systems. She is the Founder and President of MJO Solutions Ltd., a food safety consulting and brokerage business. She has also been selected by the Ministry of Agriculture as a qualified food safety advisor to support part of the Growing Forward 2, a program to help the agriculture sector become more competitive and innovative. The New Professionals Committee was fortunate enough to meet with her to discuss her career path.**

### **How did you get into a career in food science?**

I studied food science at UBC. I was extremely motivated to work in the food industry, to gain valuable experience while I studied. I was very proactive in my job search, and got a summer job as a QA technologist at one of the largest processed beef and poultry manufacturers in BC.

### **How was your first work experience?**

It changed me. This job definitely made me more outgoing, more outspoken, because it forced me to interact a lot with production workers. Raw meat is one of the high risk foods and this company has a very well planned and implemented QA system and training program. I feel like I learned from the best of the best. I am very lucky to have started at such a great company.

### **How long did you stay there?**

In total, about 3 years. I was having such a fun time and, at first, I didn't realize that I would ever leave. I wasn't actively looking for a job. But then, I started noticing some colleagues moving on, mostly to become CFIA Inspectors. One colleague that moved on to be a QA Manager recommended me to be the QA manager at a young company.

### **And was this also in meat?**

The QA Manager position was in fresh produce, at a farm. It was a good time because, back then, quality wasn't as big. Although quality plans had existed for meat for decades, it was only at the beginnings for many other commodities. The big accounts started requiring farms to get a food safety plan and told them to get a QA Manager to put in a QA program.

**Tell us about your experience.**

I knew I was hired to get the farm's QA program at a high enough standard to pass an audit as soon as possible. I could feel the pressure. But I was definitely well trained on food safety from my first job and well prepared for this kind of jump.

So they gave me an office. And I had to start by buying papers, binders... I have QCs who reported to me. Really building the QA program from scratch. At my first job as a QA Technologist, I would leave when my shift was over. But for this one, I put in a lot of extra hours. It felt like I was building a new part of the company, but also in a new industry.

I didn't have a lot of connections within the food science community, so I learned a lot on my own. Luckily, that colleague who helped me get the job was also very supportive when I had difficult questions. We were in similar shoes so we helped each other out.

**Was the management team very supportive of the changes you were bringing?**

Setting up a QA program was new to the management team. I needed to gain their trust. There was a lot of persuasion involved. Management is quite busy, but you know, they listen because they want to pass the audit too. You can't get pushy or bossy, you just need to know your stuff and back your word with a lot of documents and proof.

Sometimes the management team would hesitate to change. Once I convinced them it was necessary they would be like 'Well yes, yes I guess you're right'. I'm sure they would doubt my word from time to time and ask other companies 'Do you think we actually need this?'

It was a huge achievement for me when we passed the audit. It allowed me to prove myself to my employer and it totally solidified the deal.

**How long did you stay there as a QA Manager?**

About 2 years. I moved on to work in R&D, which was a field I always wanted to explore. But then, I got a call from the CFIA. I had applied back in the days when I saw a lot of my colleagues from my first job going to the CFIA. Your name gets put into a pool so it takes a while for them to get back to you. I didn't know when this kind of opportunity would present itself again, so I went for it.

**How was it working as a CFIA Inspector?**

I stayed there for a year. It was challenging in a different way. As a CFIA Inspector, you need to present yourself differently than when you are a QA. Workers must follow their company regulatory inspection policy and procedure. So it's not as fun of an environment. Nevertheless, it was a great experience to have.

**Did you go back to being a QA Manager after that?**

Not quite. I started to work in R&D again and I was doing some food safety consulting on the side. When I had my child, my values changed, so I stayed working as a consultant for a more flexible schedule. I named my business MJO Solutions in 2008 and have been consulting ever since.

**Do you have any advice for people looking to start a consulting business?**

I think science has fewer students and graduates with an entrepreneurial drive, but I want to encourage those that are just fighting with a little self-doubt to go for it. It takes a lot of good people skills. I see my job as a consultant as one where I'm promoting food safety.

**How did you meet all your clients though?**

I met most of my contacts through word of mouth. Some from conferences, tradeshow, food safety seminars... There is so much value in networking in this industry. You need to go to many events to know how to really listen. Networking made it possible for me to work on my own.

**Are there any other exciting projects you're working on right now?**

I started looking into export regulations and working as a broker. This side of my business is still taking shape! It started from a client request. I love to learn, and I felt confident that I had the knowledge, resources and network to provide the service.

I became a broker for local blueberries farms and started exporting blueberries to the US and also to local markets. I saw that the regulations were changing in China and Korea, and that there was an opportunity. With my strong background in food safety and expertise in regulatory, I was able to get the growers approved and certified for exports into China and Korea. I'm now looking at other countries in different parts of the world. I was also fortunate to gain valuable business insights and opportunities from great friends in my network from time to time.

I think food safety is really complex; there is so much diversity within the companies. There are companies running many years that still don't get it, and it's very hard when there is a lack of training, high turnover rates or a lack of expertise. As a consultant, I'm thinking less about proving myself, and more about partnering with businesses to make them more successful. I realize that it wasn't enough to just know food safety to be a good consultant. I found that I really needed to understand the sales, the end point, to guide companies to make better business decisions.

I no longer look at food safety as a separate bubble within a company but trying to bring it out into other parts of the business.

## CIFST AWARDS

CIFST has a number of awards to recognize “peers, organizations and/or teams for their work and successes in food science and the food sector”. Descriptions of these awards can be found at <https://www.cifst.ca/default.asp?ID=1381>.

The deadline for nomination is in May 2016.

- **Institute Award:** To honour a Professional member or Retired member of CIFST for an outstanding contribution to the Institute.
- **W.J. EVA AWARD:** To honour an individual who has contributed to Canadian food science and technology through outstanding research and service to the industry.
- **GORDON ROYAL MAYBEE AWARD:** Recognizes an outstanding applied development by a Canadian company or institution in the fields of food production, processing, transportation, storage or quality control.
- **FOOD INDUSTRY CEO OF THE YEAR AWARD:** Conferred on the CEO of a company who has made an outstanding contribution to the Canadian food industry.
- **FOOD INNOVATION AWARD:** Awards an individual or team for outstanding work in food innovation.
- **STUDENT LEADERSHIP AWARD:** The candidate must be a student member of CIFST at the time of nomination, be closely involved with CIFST and have demonstrated strong leadership by engaging his or her student peers in CIFST activities and events.
- **EMERITUS MEMBERSHIP:** To bestow an Honourary Title upon a Professional Member who has retired from vocation, and has contributed meritorious service to the Food Industry and the Institute during their career
- **FELLOW OF THE INSTITUTE:** Conferred upon a living, active member of the CIFST for outstanding and distinguished accomplishment as measured by extraordinary performance in the field of food science and technology. A person recognized as a Fellow of the Canadian Institute of Food Science and Technology shall be entitled to use the designation FCIFST following his/her name.

## IFT AWARDS

IFT has a large number of awards created to “recognize outstanding individuals, teams and organizations for contribution to the profession of food science and technology”. Descriptions of these awards and nomination forms can be found at <http://www.ift.org/membership/awards-and-recognition/achievement-awards.aspx>. The deadline for nominations is December 1, 2015.

### **Achievement Awards**

#### **Babcock-Hart Award**

Awarded for food technology contributions that led to improved public health through nutrition or more nutritious food.

#### **Bernard L. Oser Food Ingredient Safety Award**

Awarded for contributions to food ingredient safety evaluation or regulation.

#### **Bor S. Luh International Award**

Honors an IFT member or an institution whose outstanding efforts in the field of food technology resulted in international exchange of ideas; better international understanding; and/or practical successful transfer of food technology to an economically depressed area.

#### **Calvert L. Willey Distinguished Service Award**

Recognizes an individual who has provided continuing, meritorious and imaginative service to IFT.

#### **Carl R. Fellers Award**

Honors an IFT member and Phi Tau Sigma member for their distinguished career in the food science and technology profession, and who has displayed excellent leadership, service, and communication skills

#### **Food Technology Industrial Achievement Award**

Honors a company or organization for significant advances in the application of food science and technology to food production.

#### **Gilbert A. Leveille Award and Lectureship**

Recognizes outstanding research and/or public service in nutrition and food science, over a period of at least five years.

#### **Industrial Scientist Award**

Awarded for a major technical contribution to the advancement of the food industry.

#### **Marcel Loncin Research Prize**

To award research funding for basic chemistry/physics/engineering research applied to food processing.

#### **Nicolas Appert Award**

Honors an individual for contributions to the field of food technology.

#### **Research and Development Award**

Awarded for significant research and development contribution to the understanding of food science, food technology, or nutrition.

#### **Samuel Cate Prescott Award for Research**

Awarded for outstanding research in food science and technology.

#### **Sensory and Consumer Sciences Achievement Award**

Recognizes excellence within the sensory and consumer sciences field.

#### **Stephen S. Chang Award for Lipid or Flavor Science**

Awarded for significant contributions to lipid or flavor science.

#### **Trailblazer Award and Lectureship**

Honors the advancement of science at the nexus of nutrition or dietetics and food science for at least five years.

#### **William V. Cruess Award for Excellence in Teaching**

Awarded for achieving excellence in teaching food science and technology.

#### **W.K. Kellogg International Food Security Award and Lectureship**

Honors an IFT member whose emerging research has made substantial advances on how foods can be better manufactured and made available for developing countries.

#### **IFT Fellow**

The IFT Fellow designation is an honor bestowed upon an IFT member for their exemplary accomplishments in the areas of scholarly advancement, service to the food science and technology profession, and inspiration of others to excel in the food science and technology field. \*The nomination deadline for IFT Fellow is February 1, 2016.

## AWARD RECIPIENTS

Congratulations to the following BCFT 2016 Award Winners!

**Student Awards.** BCFT would like to recognize students who are members of BCFT for their accomplishments. This award recognizes students who demonstrate outstanding scholastic achievements, leadership skills and devotion to food science and technology.

- Anna Zhu - BCIT
- Saheli Bose- BCIT
- Pameley Keung – UBC
- Praveena Thirunathan - UBC

**UBC Graduate Student Award.** This award recognizes a student who has demonstrated a high level of academic achievement and research excellence, leadership ability and commitment to the profession.

- Jenny Tian

**BCIT Graduating Award.** Recipient(s) are selected based on a combination of participation in BCFT events, leadership, service and all-round performance in second year.

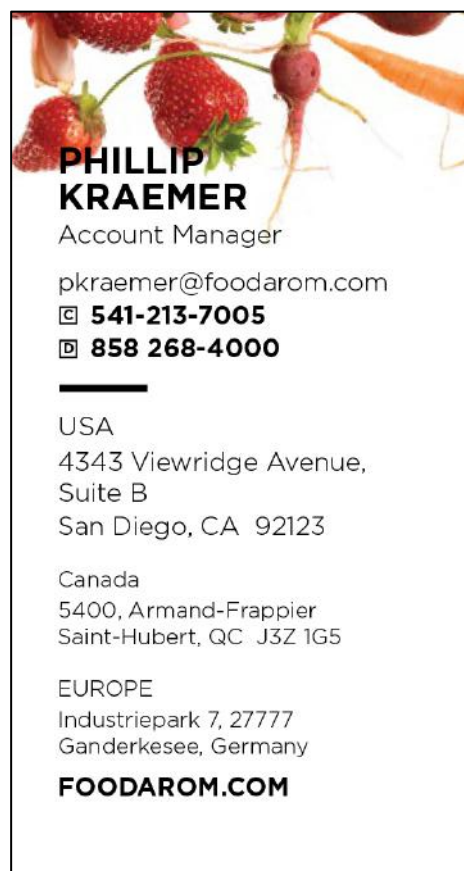
- Jasmine Lane
- Preeti Pratap

**CIFST Institute Award:** To honour a Professional member or Retired member of CIFST for an outstanding contribution to the Institute.

- Anne McCannell

### Barry Walsh Award

- Ian Smith





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1. Fry study conducted by Cargill, spring 2009.



## BC Food Technologists

Local BC Chapter for CIFST and IFT

For more information contact:

<mailto:info@bcft.ca>

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British Columbia Food Technologists (BCFT)

