



THE CAPITAL HOTEL SCHOOL
AND TRAINING ACADEMY

CHS NEWS

THE CAPITAL HOTEL SCHOOL AND TRAINING ACADEMY NEWSLETTER - APRIL 2011

Dear friends of CHS, colleagues and students

This year CHS is celebrating its eleventh year of existence. Recalling Monday, 3 January 2001 when CHS opened its doors for the first time, brings back many warm memories. So far the journey has been long and sometimes very challenging, but one that I will never regret. If ever given the choice to start over, history will repeat itself. I can simply not see myself in any other industry. I am still as enthusiastic about what we offer as I was eleven years ago. We shall continue to reinvent ourselves to ensure that we remain relevant and in line with industry requirements; we shall continue to provide our students with the best possible practical and academic training to ensure that when our students graduate, they adhere to not only national, but international standards. We shall continue to strive to be the preferred provider of Hospitality Education, Training and Development in South Africa.

Hitherto, the 2011 first year students have struck me as an extremely positive and vibrant group of young men and women. Judging by the excellent relationships that they already have with the senior students as well as lecturers, I know that this group of students will be thriving in the hospitality industry. I would like to give them the same advise as I have given to all the first year students before them - it will not always be easy, but please persevere, support and motivate each other. Talk to the seniors and lecturers whenever you need advice.

Herewith my special message to our all our students :

“Develop a passion for learning. If you do, you will never cease to grow.” Anthony J.DeAngelo

I trust that 2011 will be exactly what you want it to be!

God bless.

Ronel Bezuidenhout



2004



2011



2011

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JUNIOR SRC



VALENTINES



CAMP



GRADUATION

Upcoming Events



Food and Beverage Evenings

17 May

14 June

28 June

The ever popular Food and Beverage evenings will be continuing throughout the year. Menus and price per person will be available closer to the proposed dates.

To book please contact Benita Bezuidenhout at (012) 430-5539 or benita@capitalhotelschool.co.za



Taste Sensations

A wine tasting show in collaboration with Hemel & Aarde wine region is planned for 24 June 2011. Do not miss this wonderful opportunity to enjoy the world-class wines from the Hemel & Aarde Valley near Hermanus.

Apart from the wine tasting event, guests may also book tickets in advance for a unique food and wine pairing demonstration.

A Cultural Affair

Studying is hard work, but it can undoubtedly be a lot of fun too. The Hospitality Management students decided to dress up in traditional wear of different countries for their practical communication role-play session.

“The initiative and enthusiasm of the students excites me!” says Benita Bezuidenhout, their lecturer. “Not only did they take the role-playing very seriously, but dressing up made it a fun learning experience for all.”

Valentine's Dinner

As is custom at CHS, our *Valentine's Dinner* is an opportunity for our first year students to show off their creative skills by doing unique dinner tables for the event. The function provides an opportunity for the groups to learn how to work closely together, how to plan carefully and to identify talents within a team. It was a delight to walk into the venue that evening where every single table had a distinctive style and was beautifully decorated. It was clear that a lot of effort went into the project and that each group did their absolute best to make the evening a memorable one. Well done First Years! Management was impressed!



The new Junior Student Representative Council

At CHS it is custom that a Junior SRC is elected shortly after the First Year Camp is completed. This group of leaders works closely together with the Senior SRC. Members play an important role in terms of communication and leading the rest of the first year students with regard to driving student events and initiatives, supporting events, keeping management informed and assisting where they can. This year a total of 19 students were nominated and after much deliberation and intense campaigning, the following students were democratically elected. Well done and please maintain the high standards set by the current SRC.



SRC:

Anzell Human, Melanie du Plessis, Mari Venter, Zenta Roets, Michelle Scheepers, Christipher Calitz, Juann Marais, Edward Chomse, Miemie Blaauw, Ruan Seris, Qume Tocknell & Rita du Plessis.

Junior SRC:

Chanelle Meyer, Elzane Bibbey, Lerato Hajie, Karabo Sebothoma, Ian Boshoff, Megan Bekker, Chloe Malherbe, Loodt van Niekerk, Bronwyn Ferreira, Johandre Grobler, Phillip van Gelderen & Stephen Coetzee.

Skills development course for SA Tourism



The SA Tourism Board is making a difference in terms of service delivery standards in our country, by launching a National Chefs Training Programme for a group of 800 unemployed young adults with a passion for a career in the hospitality industry. The programme is presented by the SA Chefs Association (SACA) in conjunction with corporate member training providers and City and Guilds.

SACA (South African Chefs Association) has been approached by SA Tourism Board to identify suitable training institutions to assist with this initiative. Subsequently The Capital Hotel School and Training Academy has been chosen as one of the preferred training institutions in Pretoria and will be involved in training 32 students. It is a 24 week programme and the students will attend a one day practical/theoretical training session per week at CHS. The programme commenced on Monday, 4 April 2011.

"CHS is proud to be part of the programme and we are looking forward to making a contribution toward the SA Tourism initiative," says Ronel Bezuidenhout, Principal/Director of CHS.

Chaîne des Rôtisseurs de Pretoria



Not many people in Pretoria including food lovers, restaurateurs and even chefs might be aware of the vibrant and very active Chaîne des Rôtisseurs society in Pretoria. This respected international gastronomic society originated in Paris France in 1950. Members (both professionals and ordinary citizens) all over the world have a combined love for fine dining and building friendships across cultures.

Ronel Bezuidenhout, our Principal/Director, is the Bailliage de Pretoria – (the President of the Pretoria branch). She has been very successful in growing the society in Pretoria. This year she hopes to involve more young chefs in Pretoria to join Chaîne des Rôtisseurs. She will also be leading a Chaîne skills development project to improve the skills of Wine Stewards of restaurants and hotels in and around Pretoria.

Seen here is the presentation of Mount Grace Country House & Spa's Brass Plaque – a prestigious award signaling that this establishment has adhered to the stringent requirements of an evaluation committee and that fine diners will not be disappointed when dining there.



Anyone interested to find out more about Chaîne des Rôtisseurs can visit the website <http://www.chaine.co.za> or contact Ronel at (012) 430-5539.

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Layout - Marnus du Toit

Food and Beverage Evenings

In mid March we had our first (always a winner) Food and Beverage evening. A charming menu and enthusiastic young students contributed towards an enjoyable evening.

The Food and Beverage evenings are increasingly popular and to avoid disappointment, we strongly advise that those interested in attending any of our Food & Beverage evenings, to book well in advance. We only take 32 bookings per evening.



Barnyard

What a night! What a party! What a show! It was clear that not only girls wanna rock! We all wanna rock!

It was a collective effort from all our students that sold every single ticket that was key to the success of the Barnyard Show in Menlyn. Our second and first year students work together well. We like that!



St' Patricks Foodies Day



Originally, over a thousand years ago, St Patrick's day was celebrated in honour of St Patrick. Today it is associated with Ireland in a more general sense. Anything green goes! Most people just have a good time - drinking funny green dinks, telling Irish jokes, and dressing up in all sorts of green attire. The CHS students turned St Patrick's Day into a pizza foodies day and for dessert, green cupcakes of course!



Breakfast with Team Glam Guru

The Capital Hotel School and Training Academy recently hosted a breakfast in collaboration with Adele van Niekerk, who works closely with the "Glam Guru" Hannon Bothma.

The purpose of the event was two-fold: Firstly, it provided a practical and public opportunity for first year students (both Hospitality Management and Professional Cookery) to show off their skills after only two month's studies. Secondly, it was an excellent network opportunity for business ladies in and around Pretoria.

Each table was laid differently (a Summer Table; a Christmas table; Italian, etc.) to stimulate new ideas in terms of entertaining your guests in a personal and individual style.

Seen here is Ronel Bezuidenhout and Adele van Niekerk and below them are the beautiful ladies of Sanlam.

Did you know?

- No two corn flakes look the same
- Lemons contain more sugar than strawberries
- Honey is the only natural food which never goes off



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Competition!

Be creative and win R300 cash!

Are you a creative thinker?
Submit your idea for a new and original
name for the CHS Newsletter.

E-mail your suggestion to
lientjie@capitalhotelschool.co.za or hand it in at
reception for Lientjie's attention.

The winner will be announced in the next
CHS Newsletter.

Wine Tasting & Awards Evening

On Friday evening, 4 March, CHS hosted a wine-tasting event under the leadership of Benita Bezuidenhout. Tickets sold like the proverbial hot cakes and regrettably, the demand exceeded the number of available tickets. Tickets were sold on a first come first serve basis and hopefully those that could not be accommodated this time round, will make use of future opportunities that will become available throughout the year. Given the success of the event, we just might be able to convince Benita Bezuidenhout and her hardworking students to organise a second wine-tasting evening later this year.

Without the support of our sponsor for the event, Legend Wines, the evening would not have been the success that it was. Thank you to Renier Bester of Cape Legends, part of Distell, for the fine selection of wines from the various estates that were on display and for tasting. Thank you Benita Bezuidenhout and students. The excellent wines and tasty meal (thank you Chefs!), ensured that everybody had a superb time.

On the same evening, our top students of the 2010 intake were announced. Due to their dedication towards their studies and future career, the following students received awards:

Top Achievers 2010 - Results of 85% and above

Professional Cookery

Practical Awards

- Anna Magrietha du Plessis
- Sue-Né Pieterse
- Sharon Howe
- Refilwe Maluleke

Hospitality Management

Theoretical Awards

- Anzell Human
- Mariché Otto
- Ruan Seris
- Mari Venter
- Nicola Visser
- Jean-Pierre Zietsman
- Ulani Bodenstein
- Ciné Coetzee
- Annegret Grové
- Leone Heefer
- Qume Tocknell

Practical Awards

- Tiffany Lowe
- Donovan Mac Donald
- Ruan Seris
- Mari Venter
- Jean-Pierre Zietsman
- Ulani Bodenstein
- Juann Marais



Graduation and Merit Awards

Receiving certification and to be acknowledged for successfully completing their 2 year full time qualification at CHS is a dream come true for all our students at their graduation ceremony. Congratulations to all our graduates from the Class of 2009!

Well done to the students who received special recognition for their excellent achievements over the past two years.

HOSPITALITY MANAGEMENT:

Cum Laude Students

Daniela De Melo

Margit Louw

Pieter Brits

Elizabeth Nortjé

Millicent Wüest

Anelicke Bosman

Yolandé Le Roux

Wynand Koekemoer

Marelize van Staden

Anita Teixeira

Top Achievers:

Best Theoretical Student

Best HR Management Student

Best Accommodation Service Student

Best Front Office Student

Best Business Management Student

Best Food & Beverage Student

Daniela De Melo

Daniela De Melo

Daniela De Melo

Daniela De Melo

Elizabeth Nortjé

Margit Louw

Awards

Best Practical Student

Best Theoretical Student

Student of the Year

City & Guilds Top Achiever

Most improved student

Wynand Koekemoer

Daniela De Melo

Margit Louw

Pieter Brits

Maike Camby

PROFESSIONAL COOKERY

Cum Laude Students

Heinrich Botha

Carla De Freitas

Lourens Engelbrecht

Chanelle Geyer

Jannie Kirsten

Lee-Anne Martins

Narina Theunissen

Angelique Viljoen

Samantha Yared

Awards

Best Practical Student

Best Theoretical Student

Student of the Year

City & Guilds Top Achiever

Most improved student

Angelique Viljoen

Chanelle Geyer

Lourens Engelbrecht

Chanelle Geyer

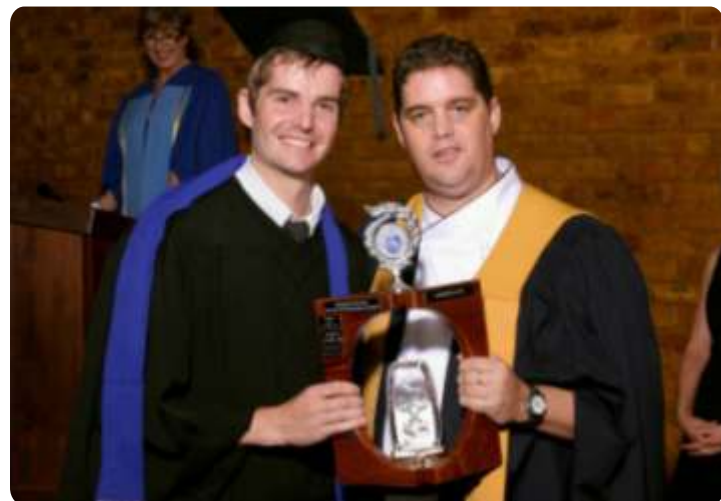
Heinrich Botha

HM Student of the Year: Margit Louw



Margit Louw was an inspiring, dedicated, brilliant student who lead by example. She participated in every possible activity and no request for putting in extra hours, was ever declined. Her academic achievements speak for it self. Margit was a wonderful role-model for all our students. We know that Margit will be very successful in her career and lucky the company that has her on the payroll! What an exceptional person! Well done.

PC Student of the Year: Lourens Engelbrecht



This young chef has received many accolades in his final year at CHS. He was crowned the GoldCrest Young Chef of the Year in 2010 - one of the most sought after titles by young chefs between the ages of 18 and 24. Lourens, together with fellow student Heinrich Botha also won the LG Team Cooking Competition in South Africa and came third in the international competition held in Korea. On his return from this very strenuous competition in Korea, he participated in the South African Chefs Association Junior Chef of the Year 2010 Competition held in Johannesburg and walked away as the winner.

Despite of all the accolades he received, his success did not change Lourens's friendly, humble personality. He now holds a full-time position as chef at Leriba Lodge and Spa.

FIRST YEAR CAMP

New beginnings!

As before, our first year students departed for Buffelspoort in early January, slightly unsure about what awaited them and not exactly knowing what to expect at the 2011 First Year Camp. Noticeably excited about the prospects that lay ahead, small groups gathered on campus, chatting, laughing and showing off their exquisite hats before their departure.

On arrival the students settled in fairly quickly. New friendships were formed and the various groups soon learned about the significance of teamwork and discovered the fabulous and unique skills that each individual brought to the team. The competition was fierce and the air was filled with war songs and brag songs and fun songs! Most surprising of all was the variety of talent that the students displayed. Following the "Reality Series Concert" on the last evening, a "CHS has talent" competition is a must be for later this year. Contemplating the energy, enthusiasm, cultural variety evident in the 2011 students, we are all looking forward to an exceptional and exciting year ahead.

The presence of a hands-on Student Representative Council made the work of the camp organisers, Nadia and Marnus, trouble-free. A big thank to our SRC for lending a hand in an immaculate manner that showed great leadership. And thank you Nadia and Marnus for your endless energy and fine organizing that made this year's First Year Camp an immense success.

In closing, when there is a competition, there must be a winning team... Congratulations to the Yellow Team. It was a well deserved win!



kitchen
FAVOURITES



Roasted Pepper and Goat's Cheese Soup

Ingredients:

- 2 large red bell peppers
- 1 tsp olive oil
- 1 small red onion (diced)
- 2 cloves garlic (each sliced in half)
- 1 large rib celery (diced)
- 1/2 cup red lentils
- 1/2 tsp salt
- 1/2 fresh ground black pepper
- 1/2 tsp dried thyme
- 6 cups water
- 1 log semi-soft goats cheese

Method:

- Preheat the oven to broil
- Place the peppers in the oven and roast, turning frequently, until blackened on all sides.
- Remove and place in a brown paper bag. Allow them to cool.
- After the peppers are cooled peel them and then seed and mince.
- Place a large sauce pan over medium heat and add the olive oil.
- Add the red onion and garlic and cook, stirring frequently, for about 3 minutes
- Add the celery and cook for about 3 minutes
- Add the roasted red peppers, lentils, salt, pepper, thyme and water.
- Reduce the heat until the water is simmering.
- Cook for 30 minutes. Remove from the heat and add half of the goats cheese.
- Let the soup cool for about 10 minutes, stirring occasionally to help the goats cheese melt.