



## Feasts of Coquitlam -- Call for Instructors

### Heirlooms and Treasures Exhibit

Coquitlam Heritage is proud to announce our next exhibit, *Heirlooms and Treasures*, opening this fall and running until June 2019.

Every day we care for, share, and preserve the things that make us who we are. Come discover how you can preserve those objects, skills, and traditions that are closest to your heart. Do you have a personal collection? Are there family heirlooms you treasure? Or maybe a recipe that has been in your family for generations? Or perhaps it a specialized skill or story you are keeping alive?

Food is one way we pass on our important family and cultural traditions. During this exhibit, Coquitlam Heritage is exploring how food expresses who we are, where we come from, and how it ties us to our community. Our heritage, language and culture are what make us unique. When we share our culture, we strengthen our connections with each other and our community.

### Feasts of Coquitlam Workshop Leaders Needed

We are inviting members of our community to share their heritage by leading a workshop on how to prepare a meal passed down through their family or culture. Instructors will be given an honourarium for their time and will be reimbursed for ingredients or supplies (keep your receipts!).

Each workshop will host up to 12 participants. When the meal is ready to eat, the entire group will have a chance to feast, share stories, ask questions, and learn about some of the important traditions behind the meal they are sharing in an informal, family-like setting.

### Requirements

- Be prepared to lead a cooking or baking workshop or demonstration for up to 12 people on an evening or weekend any time between September 2018 and April 2019
- Share stories and information about the dishes you are preparing
- Submit a proposal to the Program Manager on the delicious recipes you plan to share
- Supply typed up recipes for the participants to try at home
- Purchase all necessary items on an agreed upon budget, keeping receipts for reimbursement
- Ensure you are able to work within a \$125 budget for ingredients and can make the meal within 2-5 hours (you can bring the completed dish for the group to try if it'll take longer to cook or prepare)
- Are able to meet with the Program Manager at Mackin House prior to the workshop to go over logistics

Instructors will be compensated with an honourarium for their time and efforts.

If this is of interest to you, please contact Stefani Klaric, the Program Manager at Coquitlam Heritage, at [sklaric@coquitlamheritage.ca](mailto:sklaric@coquitlamheritage.ca) or call 604-516-6151.