



My name is Laura Perrault. I am twenty five years old. I currently reside in Sault Ste. Marie Ontario, and I am part of Garden River First Nation. To share a little about my family, I am the youngest of three children and my mother and father did a fantastic job of creating a loving, supportive and nurturing environment for us to grow up in. My father and mother are the primary reason as to why I developed my love for food! Our family did a lot of hunting and fishing, following the traditions of the Anishinaabe culture. Growing up I was taught the basics from my family as I watched how to skin a deer on a regular basis, filet a fish, bake my first batch of cookies etc...

I was 15 years old when I obtained my first cooking job at North 82, a local restaurant, and it was supposed to only last the duration of the summer. I started out as the restaurant's dishwasher and gradually worked my way up the ladder. When I finally had proven myself and managed to secure a spot on the dinner service line, I felt an adrenaline rush like I had never had before – I was hooked! I worked at North 82 until I was 20 years old and then I moved to Edmonton, Alberta. I landed a job at a restaurant called Lazia, and this is where I really started to expand my knowledge base, passion and love for cooking.

After working in the industry for nine years, I decided that I wanted to continue on my culinary path, but expand my horizons. I decided to apply for college, and get the necessary training that I would need to be successful in this industry. I approached my support system and told them that I was considering attending Sault College of Applied Arts and Technology in the upcoming fall. They had asked me why I wanted to go to school since I had already been working in the industry for quite some time, and seemed to be creating a successful path for myself. My answer to them was that I wanted to be able to answer any question that I had thrown at me, and that I wanted to be an expert in my field. I was confident that the Chefs at Sault College could help me to achieve my goals! Knowledge is power, that is what I have always told myself, and that is what I told them!

I am a single mother of two and I am currently enrolled as a second-year culinary management student at Sault College of Applied Arts and Technology. Throughout the course of my studies I have had the opportunity to participate and volunteer my time at many of the college's hosted hospitality events. I have had a wonderful experience at the college and have gained valuable practical and theoretical knowledge that I am confident will help me to be successful in the future. My time at Sault College has been an enlightening, wonderful and fast and furious experience! I have worked hard and been afforded many opportunities that have helped me to be successful in my postsecondary endeavour. I have received a few acknowledgments from the college rewarding my hard work and dedication over the past few years. I am the proud recipient of the Rome's Independent Grocer Award 2011, TD Canada Trust Culinary Award 2011, the Ontario Hostelry Institute Gordon Cardy scholarship 2011, the Lucia Katia Deluca Award 2012.

My time at Sault College is quickly approaching the finish line and I am excited to embark on my new journey. I will continue to work hard and create new paths for myself and my family, and I am very optimistic and look forward to what the future may hold.