
Spotlight on Skills

On the road to success...



Name: **Jessica McCabe**
Trade/Technology: **Cooking**
City: **Lasalle, ON**

After dreaming of being a chef for years I got my start in the kitchen in the fall of 2000. I was in the cooking course at my school, landed my first cooking job, and was accepted into the Ontario Youth Apprenticeship Program. All this at age 15!

In the spring of 2002 I entered my first regional skills competition. I took bronze, a standing I held on to the following year.

Last year I had my first experience with a provincial competition. It was both gruelling and exhilarating when I placed fourth overall. I hope to attend this year's competition to try and better my standings.

To me competition is about personal growth, as well as an opportunity to further develop your skills and to see how you stack up against your peers. Competition is great, but it's my trade of cooking that I love.

It's not easy, the hours are long and it is often necessary to work weekends and holidays. There are always new trends to keep up with and it's a continual learning process. If you don't give it your all you won't be able to keep up.

I owe the majority of my success to my parents and my family for believing in and supporting me in every way possible. Thank you to the staff at Essex Golf & Country Club, for allowing me time to train and for being such great teachers. Also my thanks to Susan Friedl of OYAP. Without the support of all these people I would not be where I am today.

And where am I? I like to think I'm on the road to success!