

# Working at KSM: Vern's Story

*My name is Vern Sampson, head chef and first aid attendant at Seabridge Gold's KSM Camp for three years now.*

*I start my day around 8:00 AM after the breakfast cook has left. I do the baking and the deserts we will need for the day. I then prepare and cook the lunch for the people who work in camp (i.e. maintenance men, core cutters, pilots, engineers and office workers).*

*During this time, I am also preparing for dinner. After lunch, I finish preparing dinner and begin cooking. Dinner is served at 5:30 PM and my day ends around 8:00 PM. When I have some time, I prepare a weekly menu which I use to fill out our weekly grocery order, being careful not to forget anything because we are in the middle of nowhere and it is extremely difficult and expensive to fly our food in.*

*I did two years of culinary training at the Northwest Community College in Terrace, BC and received a diploma in 2007. In 2010, I challenged my Red Seal exam and passed. I have been cooking in camps for six years now, starting at the Galore Creek Project. In the future, I intend to continue cooking in the camp setting. Someday down the road, I hope to open a restaurant in Hazelton, BC where I was born and raised.*

*I enjoy this work because I get satisfaction from seeing others enjoy my food. No matter how hard my day was, it makes it worthwhile to hear the crew say thank you for the good meal.*

*I enjoy working at KSM because of the friendship and camaraderie. I have worked in larger camps where there are a lot of unfriendly people. Since I have worked at KSM for three years now, it is like my summer home.*

