

Mise en Place

FEBRUARY 2012

Issue 6

UNIVERSITY COLLEGE
Brescia
Choose to Lead.

cafp
Canadian Association of Foodservice Professionals
Association canadienne des professionnels des services alimentaires

"Mise en Place" is a French phrase used to describe the organization and preparation of ingredients that takes place before a meal is cooked. It symbolizes our education at Brescia as preparation for the professional world.

CAFP (Student Branch,
Brescia University College)



For up to the minute
information, pictures,
events, and more!



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A Message From the President

I cannot believe how quickly January has flown by! There are many exciting events to look forward to this semester, I hope everyone will get involved.

January 20th to February 5th is the Londonlicious Festival where you can try all the great London eateries you may not have thought to try before. Prices are for fixed three course meals that range from \$20-\$30 per person. Take advantage of this great event.

Join CAFP and SHEA on February 6th-10th to support Eating Disorders Awareness Week. CAFP and SHEA members can purchase a \$40 ticket to the breakfast for only \$20. **The breakfast will take place on the 7th at the Hilton from 6:50 to 9 am.** On Thursday of the same week, **Jennifer Schramm will be presenting a personal and professional story of her own struggle with an eating disorder** and share her perspective on it through her work now as a psycho-therapist. Her presentation is called "Starving Myself". This event will be **held in the auditorium at 5pm. February 2nd CAFP will be having a bake sale in the auditorium foyer.** Check out our **awareness campaign on February 8th, donate to write on a tag that will be displayed on a tree to tell everyone what you LOVE about you.** All the proceeds are going to Hope's Garden.

Check out pg. 7 for more information about Hope's Garden.

We also have a **great volunteer opportunity for students interested in large scale cooking and meal planning.** The **Ark Aid Mission** is an organization that serves meals 6 to 7 days per week. They rely on donations and volunteers to serve the meals. **We will be volunteering to serve the meal on March 10th and March 25th.** The 25th will be a special date because CAFP members will be planning, cooking and serving the meal. CAFP will be collecting donations (money or food) to purchase ingredients for the meal. We will match all donations made by students. Please email Lisa Maselli at lmassell@uwo.ca for more information or if you would like to volunteer.

Late March will be our **annual Awards Dinner and Social.** It will be held at **Saf-ron's Restaurant at Fanshawe College on March 20th, 2012 starting at 6 p.m.** Tickets can be purchased from year representatives or myself for an early bird price of \$25 before March 10th. The food is guaranteed to be exceptional, you won't want to miss out.

On February 1st at 11:30 am in the Oak Room at Brescia, Dr. Garcia and myself

Continued on Pg. 2

2011/2012 CAFP Brescia Executive Team

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Kitty Chan

2nd Year Rep

Erika Norrad

1st Year Reps

Andrea Docherty

Rachel Wong

Lauren Enwright

CONTACT

brescianews@gmail.com

will be presenting on conference, bursaries and how to apply for Exec for next year. This is a general meeting for all members! If you miss it, email me for more information.

The **CAFP National Conference is being held in London, Ontario May 2-6th, 2012.** Please fill out this survey to provide me with an idea of how many members are interested in attending the conference and/or volunteering.

https://docs.google.com/spreadsheets/viewformhl=en_US&pli=1&formkey=dGxzdm5tTXZaVVRISjVhNkRVM1ISM3c6MQ#gid=0.

As a member of CAFP you have the opportunity to apply for a number of bursaries worth \$1000.00. The deadline to apply is February 28th, 2012. Dr. Garcia has offered to write the faculty recommendations. Please write a brief letter stating why you deserve a bursary (i.e. your contributions to CAFP and the community) along with the form for her to fill in. She will be out of the country February 20th, you will need to submit these documents prior to this date. Please visit

<http://cafp.com/aboutbranches/studentBranches/studentConnection.asp> for more information. You will only be required to submit one application. You also have the opportunity to apply for the Aramark Gold Plate Award, which includes all fees paid for the National Conference and \$400.00 to assist you in achieving your professional goals.

A friendly reminder, each month our London Professional Branch holds an education session and all student members are welcome. **Mark your calendars for February 28th at 5:30 pm in Michael's Garden (across from the Great Hall).** The topic will be on organic, fair trade coffees and the presentation will be from the Little Red Roaster owner/entrepreneur.

Other upcoming events include cupcake decorating, the O'Shea farm tour, Going Green In Health Care with Elisa Wilson (London professional member), cooking with CAFP, a soup kitchen tour and a presentation about Eat Right Ontario. Stay tuned!

For more information about any of our upcoming events check the CAFP board, our Facebook group CAFP (Student Branch, Brescia University College at UWO), Twitter @SHEA_CAFP or e-mail cafpexec@gmail.com.

-Kathryn Morgan

CAFP Brescia Student President 2011/12

A Message From the Editors

Hello everyone,

We'd like to thank all of the members who participated in our 2012 Food Trends survey! We had a great response and the results were very interesting. Check out pages 9 & 10 for a summary of the results.

We'd also like to remind you that next month's newsletter will be the last newsletter for this school year. So if you want to get your newsletter certificate, make sure to contribute your last articles for next month! A minimum of 3 articles is required to get a certificate.

We have some really great events coming up within the next two months and we hope to see you all at them! Check out pages 2 & 3 for some info on what we have coming up.

-Mallory & Alexandra

Recipe: Molten Chocolate Lava Cakes

By: Lisa Maselli

You don't need a date this Valentine's Day to enjoy this melt-in-your-mouth delicious recipe! In fact, I recommend you don't have a date, because it means you get them all to yourself!

Prep Time: 10 minutes

Total Time: 35 minutes

Yield: Serves 2

Ingredients:

- 2 tablespoons unsalted butter, plus more for ramekins
- 1/3 cup confectioners' sugar, plus extra for ramekins and serving
- 2 ounces (about 58g) semisweet chocolate, broken into pieces
- 1 large egg
- 1 large egg yolk
- 1 teaspoon espresso powder
- Pinch of salt
- 3 tablespoons all-purpose flour

Directions:

1. Preheat oven to 400 degrees. Butter or oil two 6-ounce ramekins, then dust with sugar. Place butter and chocolate in a bowl. Microwave on high in 20-second increments, stirring after each, until melted. Let it cool slightly.
2. In a small bowl, whisk together egg, egg yolk, sugar, espresso powder, and salt. Add chocolate mixture; whisk to combine. Add flour, and whisk until combined—do not overmix. Pour batter into prepared ramekins.
3. Bake until a toothpick inserted 1/2 inch from edge of ramekins comes out clean, and a toothpick inserted in center comes out wet, 10 to 12 min—do not overbake! Cool for 10 min. Run a knife around inside of ramekins to loosen. Invert cakes onto serving plates. Dust with sugar; serve immediately. Use a heart-shaped cookie cutter to make a heart-shape on top.



Culinary Term of the Month

Bain marie: a utensil and a cooking technique. One container with food to be cooked is placed in another, larger pan containing water that is at the simmering point. This method of cooking surrounds the food with very gentle heat and is used for cooking custards and white sauces or melting chocolate.

Try out this technique for the Chocolate Dipped Strawberries recipe on pg. 8!

Guess the Gadget!



Check out page 6 for the answer!

Calendar of Events

Check out the great events we have planned for this semester!

February 1st: CAFP GENERAL MEETING

Where: Oak Room, Ursaline Hall, Brescia University College

Time: 11:30 AM - 12:20 PM

Why:

1. CAFP has 17 bursaries worth \$1000.00 each, learn how to apply. Applications are due February 28th.
2. London is hosting the Annual CAFP National Conference May 2nd-6th. Find out more information about funding and what you can expect for plenaries.
3. Have you always wanted to get more involved? Find out more about applications for next year.

EDAW (Eating Disorders Awareness Week February 6th - 10th)

February 2nd: Bake Sale from 10 am to 4 pm (auditorium foyer) in support of Hope's Garden, a resource centre for the London community suffering from an eating disorder or disordered eating.



Check out pg. 7 for more info on Hope's Garden!

February 7th: Hope's Garden Breakfast at the Hilton from 6:50 am to 9 am. Parking is complimentary. Tickets are \$20 for CAFP or SHEA members available all day (10 am to 3 pm) on January 25th at Brescia outside the auditorium. Non-member tickets are \$40.

February 9th: Jennifer Schramm will be presenting on the topic of eating disorder's from the perspective of a psychotherapist and having personally struggled with one herself. Her presentation is called "Starving Myself" The presentation begins at 5pm in the auditorium. Suggested donation of \$5.

London Professional Branch Education Session

When: February 28th at 5:30 pm

What: Little Red Roaster - Learn how this business was started by an inspired entrepreneur and taste samples of their delicious organic, free trade coffees.

Where: Michael's Garden (Near the Great Hall on UWO campus)



Fashion Show: How to Dress for Success in the Business World

When: March 1st

Time: Doors open at 6:30pm and the show will start at 7:00 pm

Where: Brescia Auditorium

Models will be showing off what to wear for different business events - in the office, out for diners, business meetings and more! This will be entertaining and educational. This will be included

in your Credentialed Foodservice Executive hours.

Ark Aid Mission

When: March 10th (Saturday) and March 25th (Sunday)

Time: 6:00 pm to 8:00 pm; afternoon may be required for preparing the meal on the 25th

What: On March 10th you will have the chance to serve food at a local London organization that helps to provide a consistent source of food for individuals experiencing food insecurity for a variety of reasons. On the 25th of March CAFP members will be planning a meal, getting donations to purchase the ingredients (all proceeds donated by students will be matched CAFP) and cooking/serving the meal. This is great experience for those interested in large-scale food production and good hands on experience. The Ark serves between 80 and 100+ people on a daily basis.



Cupcake Decorating/Speed “ Dating” Event

When: March 15th

Where: TBD

What: Learn how to decorate a cupcake while engaging in dynamic conversations about the program, the foodservice industry and have the opportunity to be mentored by upper year students or the opportunity to mentor a first/second year student. The theme will be St. Patrick’s Day!



CAFP Annual Awards Dinner and Social

When: March 20th

Time: 6 pm - 6:30 Meet and Mingle; 6:30 Dinner will be served.

Where: Saffron’s at Fanshawe College

What: This dinner is to recognize the contributions of CAFP members and enjoy a delicious meal! See poster for the menu and more details. Contact kathrynmorgan8@gmail.com or your Year Reps for tickets. Tickets are \$25 for CAFP students and \$35 for professional members and non-members.

O’SHEA Farm Tour

When: March 24th or 31st (Date To Be Confirmed)

What: Take a tour the farm, make bread and become educated on organic farming practices of a local London farm. Transportation will be provided. Cost will be \$10 for CAFP members and \$15 for non-members.

Some other events we’re currently working on are: Soup Kitchen Tour (February), Ronald McDonald House (March), Going Green in Health Care with Elisa Wilson (March), Cooking With CAFP - More information to come!

Thank you to this month's contributors!

Andrea Hui, Nicole Jean-Pierre, Audris Lau, Kitty Chan, Alexandra Farrell,

Mallory Donaldson, Lisa Maselli, Christabella So

A New Trend In Vending Machines

By Nicole Jean-Pierre

Have you ever found yourself studying in the library late at night and become distracted by the loud rumbling noises coming from your empty stomach? Your next thought may have been, “where can I get a late night snack that is inexpensive and somewhat healthy?”. Well, a Toronto based company named HealthyVendCanada® (HVC), is trying to redefine the vending machine snacking experience by providing consumers with products that are alternatives to the high calorie/high fat items usually found in vending machines.

Named as one of the food trends to watch out for in 2012,

healthy vending machines should start

to spring up at public facilities around the country in the very near future. Some of the items available in HVC machines include the usual fair like bottled spring water and pure fruit juices, but the rest are natural snack products. For example, Simply Fruit real fruit bites which contain 2 servings of fruit in each 50g package, granola made with the sugar alcohol xylitol, and Crispy Natural dried fruit and vegetable snacks. Some of the public facilities that are already taking advantage of these healthy vending machines include hospitals, schools, arenas and pools. Having been around since 2009, HVC has already attained a contract with the Toronto District School Board to be their exclusive supplier of cold beverages. Another major

accomplishment for the company is that their brand of popcorn has been approved for sale in Ontario elementary schools, as it adheres to the strict Ontario guidelines regarding what can and cannot be sold at schools in the province.

To learn more about this company and the products available in their vending machines, you can visit their website at www.healthyvendcanada.com



Did you know??

- Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
- Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800's.
- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.

Guess the Gadget!

It's a banana slicer! Did you guess right?

It retails for \$11.00 CDN and is available at www.chefn.com



Hope's Garden & Eating Disorders Awareness Week

By: Audris Lau

An eating disorder is viewed as “disordered eating existing on a continuum with varying levels of severity”. This includes Anorexia Nervosa, Bulimia Nervosa and Binge-Eating Disorder. They have common characteristics, such as negative body image, fear of weight gain, and low self-esteem. In addition, it is important to recognize that the illness is carried out in silence or in isolation by those who are suffering. In fact, 52% of girls begin dieting before age 14 and 98% of females are dissatisfied with their bodies. Because of this serious issue, there are currently organizations that offer community support and services to assist in treatment care. Hope's Garden is an agency that offers care, support and a safe environment to those who are suffering with or from eating disordered behaviours or thoughts. They provide services such as drop in support, resource centres, educational outreach and a library collection of reference material. Ultimately, they encourage healthy eating, celebrate diverse bodies, and advocate on high self-esteem for all people in different shapes and sizes.

Eating Disorder Awareness Week is happening from February 6th to 10th at Brescia. CAFPP will be holding a bake sale on Thursday, February 2nd from 10am to 4pm at the Auditorium foyer. In addition, on Wednesday, February 8th, we will be selling tags to people to write down what they love about themselves on and the tags will be displayed on a tree. All proceeds from fundraising and awareness event will go toward Hope's Garden to support individuals living with eating disorders and to provide assistance in promoting early detection and prevention of eating disorders.

Londonlicious Festival

By: Andrea Hui

Even though London hasn't quite had its fair share of snow to accompany the cold and chilly weather it hasn't stopped London from hosting its once a year Londonlicious festival! Just like the Winterlicious festival in Toronto, multiple restaurants around London are offering a set menu for a lowered price. Choosing their best and most popular dishes, restaurants have carefully hand-picked each dish just for a mouth-watering and memorable experience.

The meal includes a 3 course meal usually ranging from \$20, \$25 and \$30. This festival offers Londoners not only to experience the unique style and taste from different cultures but also business to explore their limitless opportunities! Don't miss out on this exciting annual event, from January 22nd till the 5th of February restaurants such as Trü Restaurant and Lounge, Cello Supper Club, The Raja Fine Indian Cuisine, McGinnis Restaurant and Bar, Mythic Grill Fellini Koolini's, Crave (Hyland Centre), Blackfrairs and many more will be offering their Londonlicious menu. To find out what other restaurants are participating and to check out their menu or information check out:

<http://www.londonlicious.ca/index.php> . Bon appetit!



Enjoy a 3 Course Meal
\$20, \$25 or \$30
per person



*Three course meal is to be chosen from a select menu at each restaurant. Price does not include applicable taxes, alcohol or additional menu items. Please contact the restaurant in advance to make reservations and ask about select menu.

Planning on participating in Londonlicious? We'd love to hear your restaurant reviews for next month's newsletter!

Valentine Chocolate Dipped Strawberries

Submitted by Kitty Chan

Handmade Valentine Chocolate Strawberries, I cannot think of a better way to show that someone special in your life that you love them. Chocolate and strawberries are the perfect match, very appropriate for Valentine's Day. Just imagine how impressed your loved one will be when you say "I made them just for you".

What You Will Need

- 10 clean and dry strawberries with their green calyx intact.
- 1 cup of white or milk chocolate buttons, melted
- Decorations, such as chopped nuts, sprinkles, etc.
- 10 bamboo skewers

Preparation

Double Boiler

Bring a small amount of water to the boil in a saucepan. Turn the heat down to a slow simmer. Place your heatproof bowl containing your chocolate buttons to snugly fit on top. The base of the bowl must not touch the simmering water. Stir the chocolate buttons until melted.

Microwave *(Great care must be taken not to overheat the chocolate using this method)*

Using a heatproof microwave safe bowl, microwave the chocolate uncovered on 50% power for 1 minute. Stir. Repeat in 30-second intervals until the chocolate has melted.

Oven

Place a heatproof bowl containing the chocolate buttons in a preheated oven set at 140°F. Leave for 10 minutes, then stir. Leave the bowl in there until the chocolate is completely melted.

Making the Chocolate Dipped Strawberries

1. Holding the strawberry by the green calyx, dip into the melted chocolate up to the level you desire.
1. As you remove the strawberry, give it a little shake to help reduce the thickness of the chocolate coating. Allow any excess to drop off.
2. If you plan to dip the strawberry into nuts or sprinkles, do so now.
3. Transfer the finished strawberry to a baking tray lined with non-stick baking paper, wax paper or foil.
4. Leave the strawberries to set at a cool room temperature. Once set they can be further dipped or decorated.
6. For presentation, insert bamboo skewers at the end of each strawberry, near the green calyx

Recipe from: *inspired-by-chocolate-and-cakes.com* (<http://www.inspired-by-chocolate-and-cakes.com/valentine-chocolate-strawberries.html>)



We Asked You!: Food Trends 2012 Survey Results

By: Alexandra Farrell & Mallory Donaldson

We created a survey to analyze the different food trends that YOU our readers were excited to try this year! Our results were interesting - some answers surprised us, and others not so much. Here are the highlights:

When asked what trend you were most excited to try, the answers ranged from quinoa to offal, including some answers we had never heard of! Here are some of the most interesting answers we received:

Coconut flour: a gluten-free, high fibre flour produced by ground coconut. Among its many uses, it can be used in baking as a replacement for wheat flour, or as a thickener.

Offal: Offal is the internal organs of an animal, which are intended for human consumption. Different offals are often eaten as delicacies in many cultures, such as tongues, pig tails, hearts, and chicken feet. The different characteristics of the various animal parts allow for a wide range of cooking properties (ex: neck bones give a soup stock rich in meaty flavour).



Pomegranate syrup: This tangy and sweet syrup can top ice cream and pancakes or used in fruity drinks. It can typically be found at the grocery store or you can always make a batch of your own!

Okra: A member of the Mallow plant family, okra is a green pod containing seeds with a characteristic "slimy" texture. The texture allows okra to be used in soups as a natural thickener. Typical uses include: gumbo, and breaded or pickled okra.

Olive oil ice cream: Typically prepared at home from scratch, olive oil gives this ice cream a creamy texture. Just make sure you use high quality olive oil; it really improves the flavour!

Which London Restaurant are you most excited to try this year?



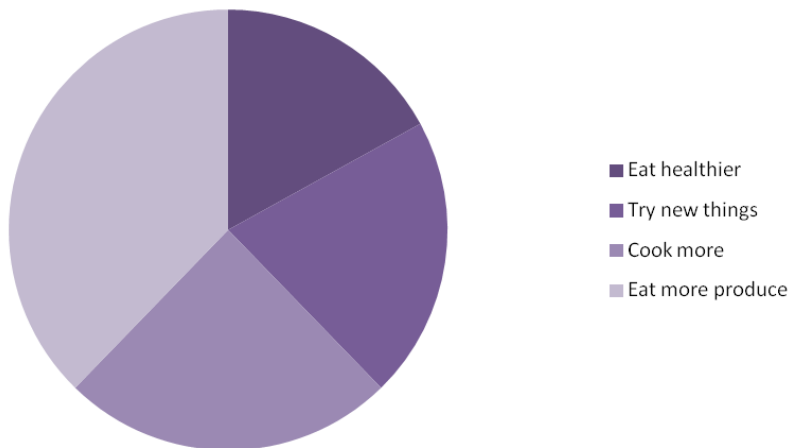
Relish: This casual restaurant serves gourmet burgers ranging from the *Big Kahuna* (pineapple, chilli mayo, and back bacon) to the *PB & C* (peanut butter, bacon, cream-cheese), as well as a variety of different patties to choose from. (135 Wortley Rd)

Veg Out: This restaurant offers a vegan twist on familiar meals, such as a Sunflower seed pate sandwich and beer battered soy fillets! (646 Richmond St.)

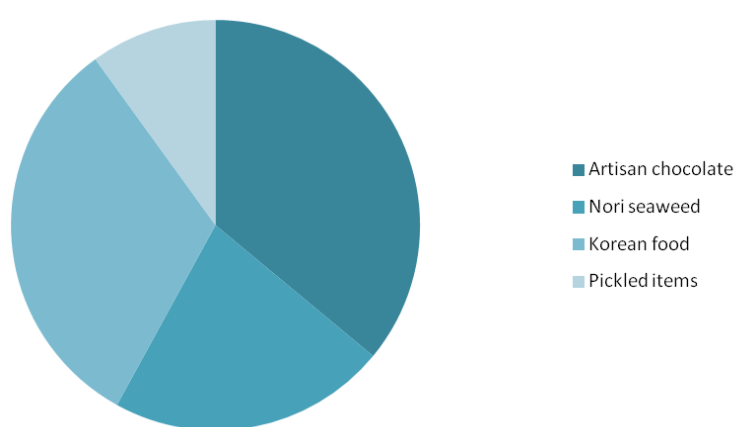
Braise: This fine dining restaurant and bar has a frequently changing menu to accommodate the use of high-quality sustainable ingredients. Dishes include *Crispy Duck Confit* and *Mac & Cheese Gratin*. (125 Dundas St)

Mein Street: An Asian fusion restaurant with Western influences and cooking techniques. A large variety of unique stir fries as well as fried noodle dishes are available. (655 Fanshawe Park Rd. W)

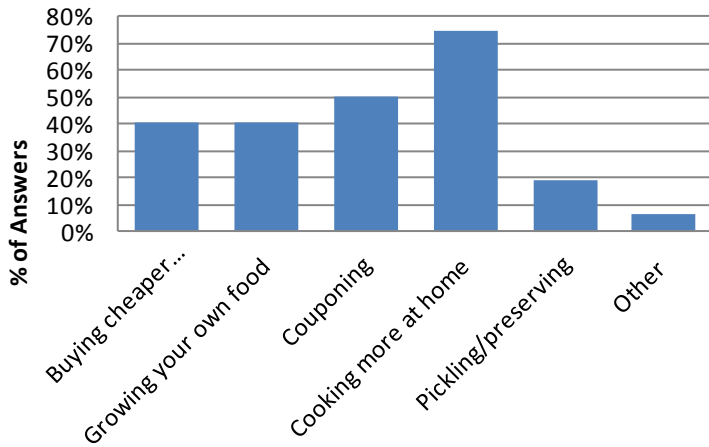
Do you plan on making any changes to your eating habits this year?



Which trend are you most likely to try?



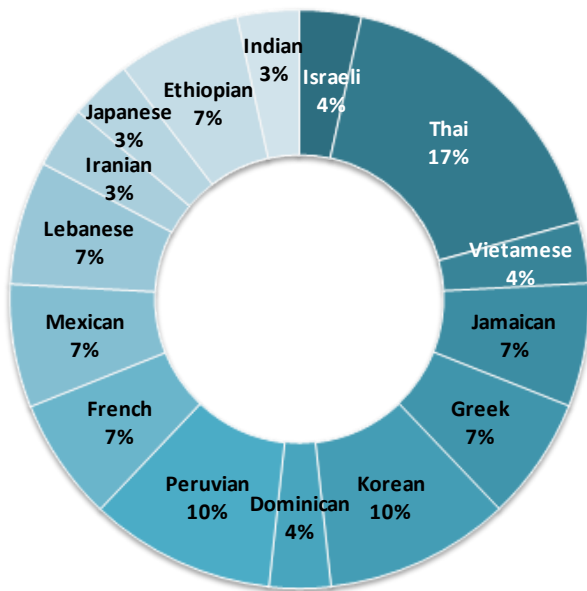
Due to rising food prices, a huge trend in 2012 is going back to basics and frugality. Which of the following will you be trying out?



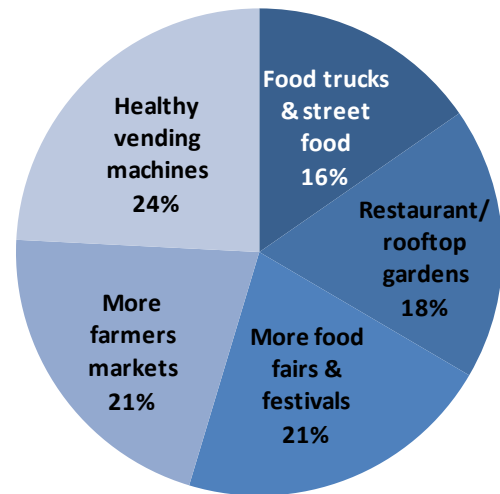
Other responses:

- Going vegetarian
- Meal planning
- Only buying things on sale
- Shopping at farmer's markets
- Reusing leftovers in creative ways
- Eating less

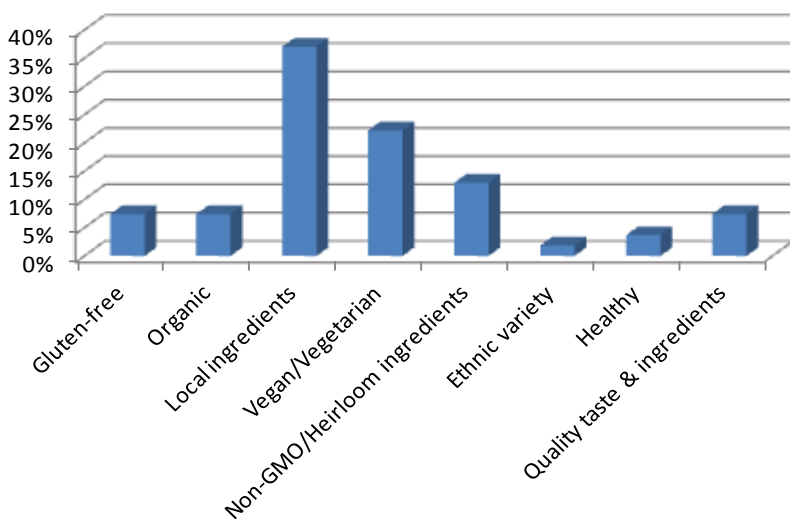
What types of global cuisine would you like to try this year?



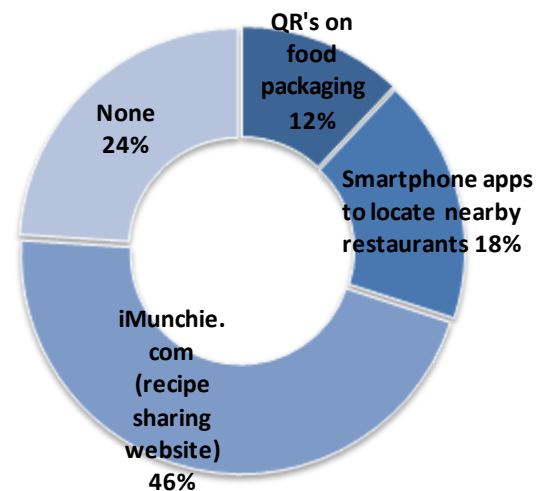
Which of the following trends would you like to see come to London?



What qualities do you most look for in restaurants?



What technological trend are you most likely to participate in?



Recipe: Heart Baked Cupcakes

Submitted by **Christabella So**

Want to surprise your special one this Valentine's Day? We've got it covered! What's cuter than a cupcake with a heart shaped center?!

Ingredients:

- 1 1/2 sticks unsalted butter, room temperature
- 1 1/2 c. granulated sugar
- 3 eggs
- 2 t. baking powder
- 1/2 t. baking soda
- a few drops of vanilla essence
- 1/4 t. salt
- 2 1/2 c. flour
- 1 1/3 c. whole milk
- red food coloring



Directions:

1. Pre-heat the oven to 350 degrees (F).
2. Mix the butter and sugar together at medium speed for about 90 seconds, until fluffy. Add the eggs, one at a time, mixing until creamy. Be sure to scrape down the sides of the bowl so everything gets well combined. Add the baking soda, baking powder, salt, and vanilla and mix until the batter is smooth. Finally, alternate between the flour and milk, beating on med-high speed until the batter is light and creamy.
3. Pour a little more than 1/3 of the batter into a smaller bowl. Add red food coloring until you get your desired pink or red color. Pour the batter into a non-stick (or lightly greased) 8x8 baking pan and bake for about 20 minutes until the edges of the cake start to turn golden brown and a toothpick inserted into the center of the cake comes out clean.
4. Allow to cool completely. Once the sheet cake is cool, invert the pan onto a cutting board. Use a small heart-shaped cookie cutter to cut out a dozen cake hearts that are small enough to fit into an average-sized cupcake pan.
5. Spoon two heaping tablespoons of the remaining batter into paper-lined cupcake tins, so they're about half-full. Put one heart into each tin and press it point down into the batter. Keep all the hearts facing forward in the pan. Cover with another teaspoon of batter and bake for 24 minutes. Allow the cupcakes to cool before frosting.
6. Here's where it gets a bit tricky. Keep the cupcakes facing forward so you get the right cross-section of the heart when you cut or bite into the cupcake (to get the full heart effect). So keep all the cupcakes facing forward as you move them from the cupcake tin to a cookie sheet for cooling/frosting. After frosting, put heart candy on them (or some other decoration) that can also face forward so you know which way to cut the cupcake in order to see the heart shape inside (if you cut the heart in the wrong direction you just get a rectangle shape—not very romantic!).

Un Petit Four

Un Petit Four is a small confection or dessert served at the end of a meal. Each month, this section will feature some form of fun food-related trivia.

1. In the 1700's, women left which food item on their pillow in order to see their future husband in their dreams?
 - A. Cinnamon
 - B. Cloves
 - C. Bay leaves
 - D. Hot pepper

2. In the 1950's, what dish did French women serve on Valentine's Day to men that they were uninterested in?
 - A. Eggs
 - B. Oatmeal
 - C. Toast
 - D. Fruit

Answers on bottom of page

About CAFP

The Canadian Association of Foodservice Professionals (CAFP) is an organization devoted to ongoing professional development of individuals working in the foodservice industry and students in related fields. CAFP offers bursaries and scholarships to help students follow their goals in culinary, supervisory, hospitality, managerial, or dietetic programs. CAFP also offers opportunities to attain professional credentialing with the Credentialed Foodservice Executive (CFE) Program. CAFP is a fun and dynamic associa-

Questions? Comments?

Feel free to contact us with opinions or suggestions that you may have regarding *Mise en Place* or CAFP at Brescia. Got a great idea for an article? Send us an e-mail and become a part of the newsletter committee! If you contribute 3 or more articles throughout the year, you will receive a certificate from the newsletter committee. We look forward to hearing from you!

Contact us at: brescianews@gmail.com



FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CAFP General Meeting 11:30-12:30 pm Oak Room	2 Bake Sale Fund-raiser for Hope's Garden 10 am—4 pm Dining Etiquette Fellini Koolinis	3	4
5	6	7 Hope's Garden Breakfast London Hilton 6:50 am—9 am	8 Eating Disorders Awareness Campaign	9 Jennifer Shraem Eating Disorder Presentation 5:00 pm	10 Bursary Faculty Recommendation from Dr. Garcia Due	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
<div style="display: flex; align-items: center; justify-content: center;"> ← READING WEEK → </div>						
26	27 Deadline for Exec Applications	28 Professional Branch Meeting Michael's Garden (UWO) 5:30 pm Bursary Apps Due	29			