

March and April 2010

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*Ryerson University
Volume 1, Issue 4*

Upcoming Events:

- May 17, 2010 - May Dinner Meeting*
- June, 9-13, 2010 - National Conference - Saint John, New Brunswick*

The President's Last Words

Oh what a year it has been! From Members Recruitment Week to the Student Awards Night, from hosting the October Dinner Meeting to volunteering at Scott Mission, from the Kraft Kitchens Tour to the Top Management Night Gala, there was never a dull moment at CAFP Ryerson in 2009/2010. I had the chance to work with a fantastic group of talented people on the executive team and meet some equally talented members who are the future of the foodservice industry. I will never forget my four years as a student member and my awesome experiences as Hospitality Liaison, Secretary, and President of the Ryerson Branch. I thank you all from the bottom of my heart for these unforgettable moments. I hope to see you all again at dinner meetings as I become a professional member and start my career in foodservice, the industry for which CAFP has prepared me well. Good luck to you all and I look forward to working with you in the future!



Veronique Peloquin, Outgoing President

CAFP Top Management Night

By: Kristen Wetherall

The 36th annual CAFP Top Management Night Gala was held on February 8th at Toronto's historical Old Mill Inn and Spa. Among those present were scholars, business owners and operators, chefs and product developers, just to name a few.

Upon arrival we were invited to mingle over a glass of champagne while perusing the selection of items in the silent auction, as the event was also a fundraiser for CAFP events in the upcoming year. Once seated, we were met with a glass of wine from Colio Estates Winery and an extravagant five-course feast. As a mouth-watering teaser, the meal included a smoked tomato consommé with ravioli, torchon of foie gras with Ontario Berkshire pork belly and apple butter, then Vidal ice wine sorbetto to cleanse the palate. The main dish, entitled the "Canadian Trio", presented a succulent filet of Angus Tenderloin, rack of Ontario lamb and sablefish confit all served alongside a truffled croquet potato. To finish, the unforgettable dessert plate combined a sweet mango wonton, raspberry balsamic foam and Madagascar dark chocolate cream over chocolate pearls, dressed ever-so delicately with cantaloupe caviar. The vegetarian meal was just as delicious, featuring pappardelle pasta with herbed ratatouille, oven roasted shitake and portobello mushrooms and goat cheese.

Along with the unforgettable dinner came the presentation of awards and the Keynote Speaker for the evening. Among the notable recipients were James Chiu, receiving the Restaurateur of the Year award on behalf of Mandarin Restaurants, and Roland Walton from Tim Hortons, receiving the Newsmaker of the Year award. This year's speaker Richard Worzel, author of *Who Owns Tomorrow?*, provided the crowd with a futurist's view of what is to come in the industry. He enlightened us with ideas about Canada's economy, politics, technology and resources, and how we can utilize and advance with them within foodservice in years to come.

Overall, the experience was a great opportunity to meet new people, network, enjoy a great meal and learn about the hot topics within foodservice. I hope to see you all at CAFP events in the future!

What Grows Down Under

By: Anna Gofeld



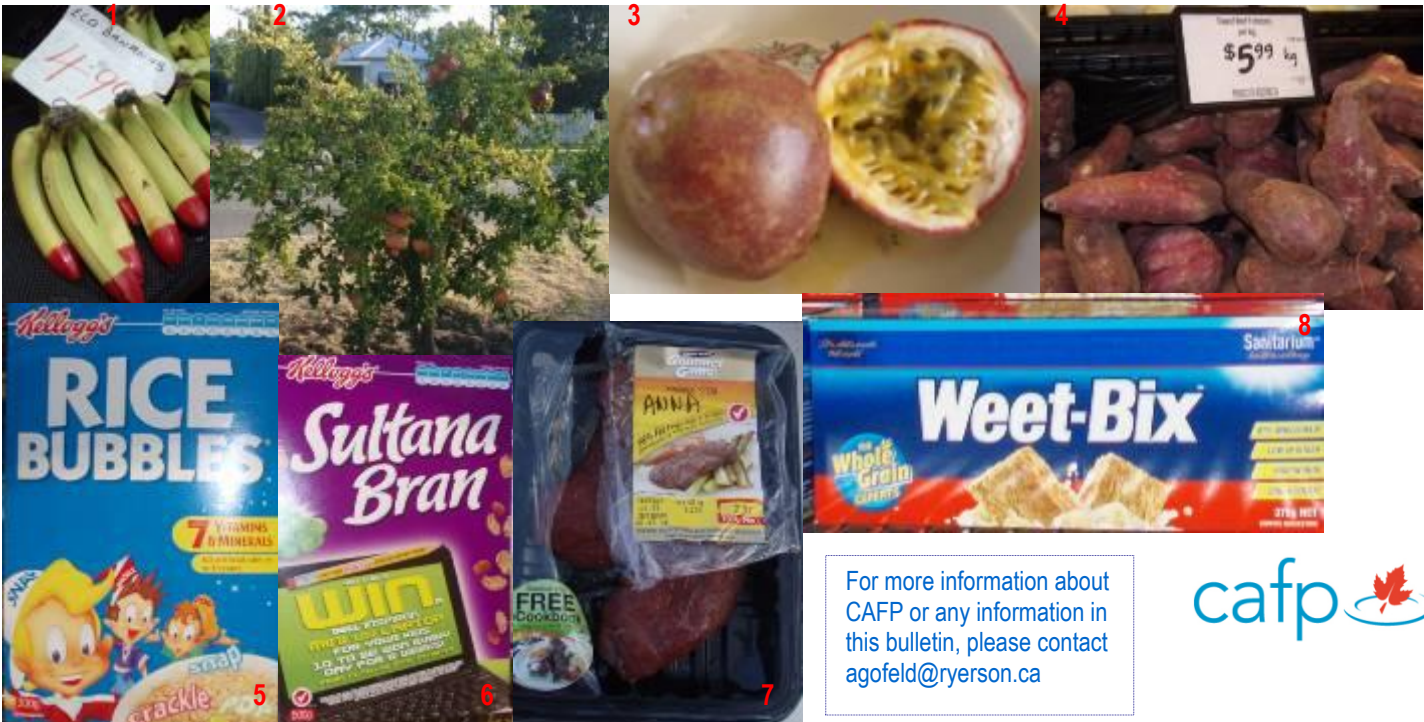
As I left Canada on January 15th to go on exchange in Perth, just like most people, when I thought about Australia kangaroos and surfing were the first things that came to mind. Since Aussies are often described as “Canadians with funny accents” by those who have traveled here before me, I did not expect to encounter many differences, especially not when it came to food. Though I had heard legends of the Tim Tam Slam and how delicious kangaroo was, there was never mention of any other differences in cuisine. However, when I arrived on this giant island, I encountered a few culinary surprises that I thought would be worth mentioning.

First of all I would like to address the abovementioned subjects: kangaroos and Tim Tams. Though kangaroos are adorable creatures and a well known symbol of Australia, they are almost as abundant here as raccoons are in Canada, and have similar brain capacities. They can often be spotted hopping along the road in groups, as well as being the unfortunate victim of motor vehicles. Rural roads in Australia are even more abandoned and poorly lit than they are in Canada. Roos often get struck by cars because they try to get behind the headlights of cars, which often means they end up jumping right into the side of vehicle. Though this is always a tragic event, not too much time is spent in mourning as the species is plentiful, which is one reason why most don't feel too horrible about consuming it. Kangaroo meat is very lean, easy to cook, and extremely cheap. It tastes like very good venison. All of the above reasons make it a very attractive cut of meat for a Canadian nutrition student. As for the Tim Tam, it is a rectangular chocolate cookie off which you bite the corners of and use it like a straw in a hot drink. Shortly after you do this it melts and you have to slam it into your mouth; hence the Tim Tam Slam. It's quite delicious, but not as nutritious as kangaroo.

However, there are many nutritious and delicious things to be found in the farmer's markets, which seem to be almost as plentiful as grocery stores here. Every city I've been to so far has at least one large central market and several smaller local ones. In Perth there is at least one farmer's market in every suburb. Though the local ones usually run only on weekends, the larger ones tend to be open six days a week. Very few things in Australia are actually open on Sundays, except the bars. Whenever I go anywhere I always bring my camera because I find something interesting almost every day, especially when I go for groceries. It is amazing what can grow when summers are 40°C and winters are about 10°C. Here are just a few snapshots.

- 1-Organic bananas are red wax tipped
- 3-Passionfruit
- 5-Rice Bubbles= Australian Rice Krispies
- 7-Kangaroo steak

- 2-Pomegranates growing in the street
- 4-Sweet white potatoes, about 1kg each
- 6-Sultana Bran= Australian Raisin Bran(raisons are called sultanas)
- 8-Weet-Bix, a cereal bar that you have to soak in milk before consuming



For more information about CAFP or any information in this bulletin, please contact agofeld@ryerson.ca



March and April 2010

CAFP: What's In A Membership?

By: Julia King



As I prepare to graduate from the Nutrition and Food program in June, I have been thinking about what has really made my experience a memorable one. Being a member of CAFP for three years during my undergraduate degree has certainly been a major highlight. In my first year at Ryerson, when the CAFP membership drive was underway, I remember thinking at \$25 for a student membership the price was certainly right. Thus began my foray into the world of foodservice.

I quickly came to realize that foodservice was more than just my part-time waitressing gig. The various CAFP functions that I attended over the years helped open my eyes to the wide variety of possibilities under the umbrella of foodservice. At these functions I met many different professionals including suppliers, manufacturers, independent entrepreneurs, consultants, and clinical foodservice managers just to name a few. I was also able to get to know other students and faculty from both Ryerson and other CAFP branches. In short, being a part of the CAFP Ryerson Student Branch helped to expand my network and realize the different career paths available to me.

After taking on the role of CAFP Newsletter Committee Member for 2009-2010, I became even more involved in CAFP events, which allowed me to know the organization better. I realized that the professionals I was networking with at CAFP events were genuinely enthusiastic about getting to know students, helping them network, and even providing useful contacts and tips on internship preparation and job hunting. These events instilled the feeling of a continuum where students, new professionals, and seasoned professionals could all come together to give and receive information and advice.

Above all, being a student member of CAFP allowed me to have one foot in the professional world while still completing my undergraduate degree. It also gave me a better idea of what career opportunities exist in the broad category of foodservice, as well as what potential employers are looking for in their future employees. Networking with professionals also helped me practice my communication and interpersonal skills and allowed me to gain more confidence in myself as a future professional. This experience was invaluable and played a role in helping me successfully land an internship for next year.

The bottom line: A membership with CAFP offers wonderful opportunities, but ultimately it is up to you to take the initiative. Become a member and make CAFP work for you!

Copper Chef Challenge and Student Awards Night – Ryerson Award Winners

Though the process of award application was as tough for the students as for the judges, several outstanding candidates from our branch came out on top. Congratulations to all the Ryerson branch award winners for 2009/2010!

Gennavieve Armour - Aramark Gold Plate Award

Maria Vlahek - Toronto Branch Award + Aramark Industry-Sponsored Award

Veronique Peloquin - New York Fries/South Street Burger Industry-Sponsored Award

Alla Zhura - Sysco Industry-Sponsored Award

Abbey Fitzpatrick - Sysco Industry-Sponsored Award

Platinum
Sponsor



Gold
Sponsors



March and April 2010

Copper Chef Challenge & Awards Night Photos!



AND NOW, WITHOUT FURTHER ADO, WE GIVE YOU THE CAFP RYERSON BRANCH
EXECUTIVE TEAM OF 2010/2011:

President: Gennavieve Armour

Vice President: Maria Vlahek

Secretary: Arin Taub

Treasurer: Tressa Alleyne

Events & Fundraising Directors: Jenny Huang, Kristen Wetherall

Events & Fundraising Committee: Amy Leong

Newsletter Directors: Anna Gofeld, Olivia Siswanto

Newsletter Committee: Amy Leong

HTM Liaison: Frank Liou

Nutrition Liaison: Amanda Bell

GOOD LUCK TO EVERYONE ON THEIR EXAMS AND FINAL ASSIGNMENTS.
WE WISH YOU ALL A SAFE, ENJOYABLE SUMMER AND LOOK FORWARD TO SEEING YOU IN THE FALL!



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To promote professional and personal development, and facilitate communication leading to excellence in our industry