

MONTHLY NEWSLETTER: SHOWCASING STUDENT BRANCH ENDEAVOURS

Volume 1 / Issue 1

LET'S MAKE YOUR OWN MOONCAKE!

BY YUMENG WU, CAFP BRESCIA

“The Mid-Autumn Festival is a traditional festival celebrated by Chinese and East-South Asian. It is held on the 15th day of the 8th month in the lunar calendar. In 2016, the Mid-Autumn Festival fell on September 15. The moon is the brightest and roundest on this day which means family reunion. Family and friends come together and pray for good future. Making and sharing mooncakes with family signifying the completeness and unity of family. Nowadays, mooncakes can be easily purchased in Asian grocery stores all year round. However, making mooncakes is truly an easy and fun activity with family and friends. Thank you Christine for the amazing recipe.”

Full recipe is available at:
<http://en.christinesrecipes.com/2011/09/traditional-mooncakes.html>

WHAT'S GOING ON ACROSS CANADA?

From fundraisers for diabetes to movie nights, this issue of *CAFP NOW!* Has what you need to make your student experience with CAFP memorable.

Q: Want to learn more about the industry and your school?

A: Of course you do! Here you can find advice, tips, and inspiration on what to do with your CAFP Branch and learn just how beneficial CAFP is to your social and professional avenues.

The difference between ordinary and extraordinary is that little extra”

- Jimmy Johnson

WHAT'S ONE WAY OUR BRANCH CAN GATHER MORE MEMBERS?

Remember the key to getting any student to join an organization is to **incentivize**. What do they get out of this club? Here are a benefits to share with students:

- 1) **Socialize**- Hang out with friends outside of class and make new ones. There's also possibilities of field trips and indoor activities!
- 2) **Free food**- With tuitions as high as they are we need to put this high on the list
- 3) **Networking**- Get a chance to meet and speak with professionals you may have never met. Who knows, maybe they're hiring!
- 4) **Awards**- Students have the chance to receive bursaries and awards exclusive **ONLY** to CAFP members!

Want to see your event here?

Give us a shout with the info below and you may see your event on the next issue!



Stephanie (Treasurer) enthusiastically representing CAFP UBC at Clubs Days with our iconic mugs and a scrapbook of last year's activities and achievement.

HIGHLIGHT REEL

Spaghetti Dinner: Education Night

On September 28th, Acadia CAFP student branch held our annual spaghetti dinner. This always-popular dinner is the final event where potential members can come to a CAFP event before paying their membership fees. We had two guest speakers for this event to talk about their areas of expertise. Both had great information to share while students and faculty enjoyed a lovely spaghetti dinner prepared by some of the student executive. The speakers were Deidre Burns, who spoke about dysphagia and her work in that area, and Meghan Todd, who spoke about what CAFP could do for students and the benefits of becoming (and remaining) a member. Both the meal, and the speakers made this event one that we won't soon forget! - *Erica Noddin, CAFP Acadia*

“The **Meet and Greet** CAFP MSVU hosted was very successful. The success was due to the fact the event was advertised as a Nutrition Society networking event. Several other nutrition societies on campus were invited to come and share what they do on campus at the event. We also had an ‘icebreaker’ called “Meet Your Exec BINGO’ that encouraged people to get up and move about talking to other students and the student executive members to check off boxes in the BINGO sheet and submit for a prize draw of a paid for professional branch dinner. It was a successful event as many people were reached and the benefits of the networking event (amongst peers) were clearly displayed!” - *Cara Brennan, CAFP MSVU*

UPCOMING EVENTS!

Here are some great events happening in the next month. Be sure to check your local branch to find any further info and see if they have a new event posted!

St. Francis Xavier University

- Tony's Meats Tour
- Keith's Brewery

Mount Saint Vincent University

- Bee Keeping workshop
- Valley Apple Picking Social

University of Guelph

- Tour of Guelph Centre for Urban Organic Farming

Acadia University

- Suzanne Balcom on Public Speaking

Université de Moncton

- Apple picking trip to Verger Belliveau
- Fall Taste & Learn

Ryerson University

- Chocolate tours (tours of 6 different chocolate shops in Toronto)
- Steamwhistle Brewery Tour

Brescia University College

- Steeped Tea fundraiser



Photo by Sarah Ermias

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