



IN-HAS

Housing & Ancillary Services Employee Newsletter

Dear Colleagues,

I can see the grass again, the sun is still out when I leave the office, and the Canada geese are back on campus—all signs that point to springtime! That however also means the end of the school year is right around the corner. As we begin to wind down the academic year in our areas, I've been reflecting on some highlights from the past few months:

- Classes were cancelled TWICE in the month of February. While this resulted in shutdowns for our Campus Eatery Operations and Retail Services, the Housing and Residence Dining teams really stepped up to the plate and didn't miss a beat. Our front-line staff made every effort to get to work and ensure our students in residence were taken care of—it really highlighted to me the care and commitment our staff have for our students!
- The *Keep it on Campus* event during the Staff and Leaders' Conference featured eight of our services to the campus community in a successful trade show format. Attendees came for the free food, and stayed for the education. Special thanks to the HAS Marketing team for spearheading this initiative, which sought to educate campus colleagues about the many services we offer to the campus community.
- March Break Open House was a success. We had about 6,000 visitors to campus on March 9, and as always, our staff within the Division put their best foot forward and welcomed our visitors to campus. More than 400 of our employees dedicated their Saturday to showcasing the best student experience that Western is known for.
- The Book Store hosted our 13th Annual Faculty Author's Reception last week. Dr. Chakma was on hand to recognize 17 faculty members who have recently written books and have contributed to their fields of study and scholarship. It was a wonderful opportunity to highlight how our Division supports the endeavours of our academy.

We're excited to welcome the International Association for College Admissions Counseling (IACAC) 2019 Conference to campus during July 8–12. This will require our entire Division to roll up our sleeves and roll out the welcome mat. This event brings together 1,600 high school guidance counselors and university/college recruiters from all over the world to experience all we have to offer at Western. Our hope is that the high school counselors will go back to their countries and influence their high-school students to consider choosing Western as their destination-university. Hosting this Conference is very prestigious, and assists strategically with Western's recruitment of international students. I have no doubt our team will impress the socks off of our guests.

As we wish our students well as they begin to leave campus for the summer, don't forget to take advantage of the slower pace and try to get some downtime in the coming months. Take time to recharge before we set our minds to welcoming the class of 2023 in September!

Sincerely,

Chris Alleyne
Associate Vice-President

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Mark your Calendar!

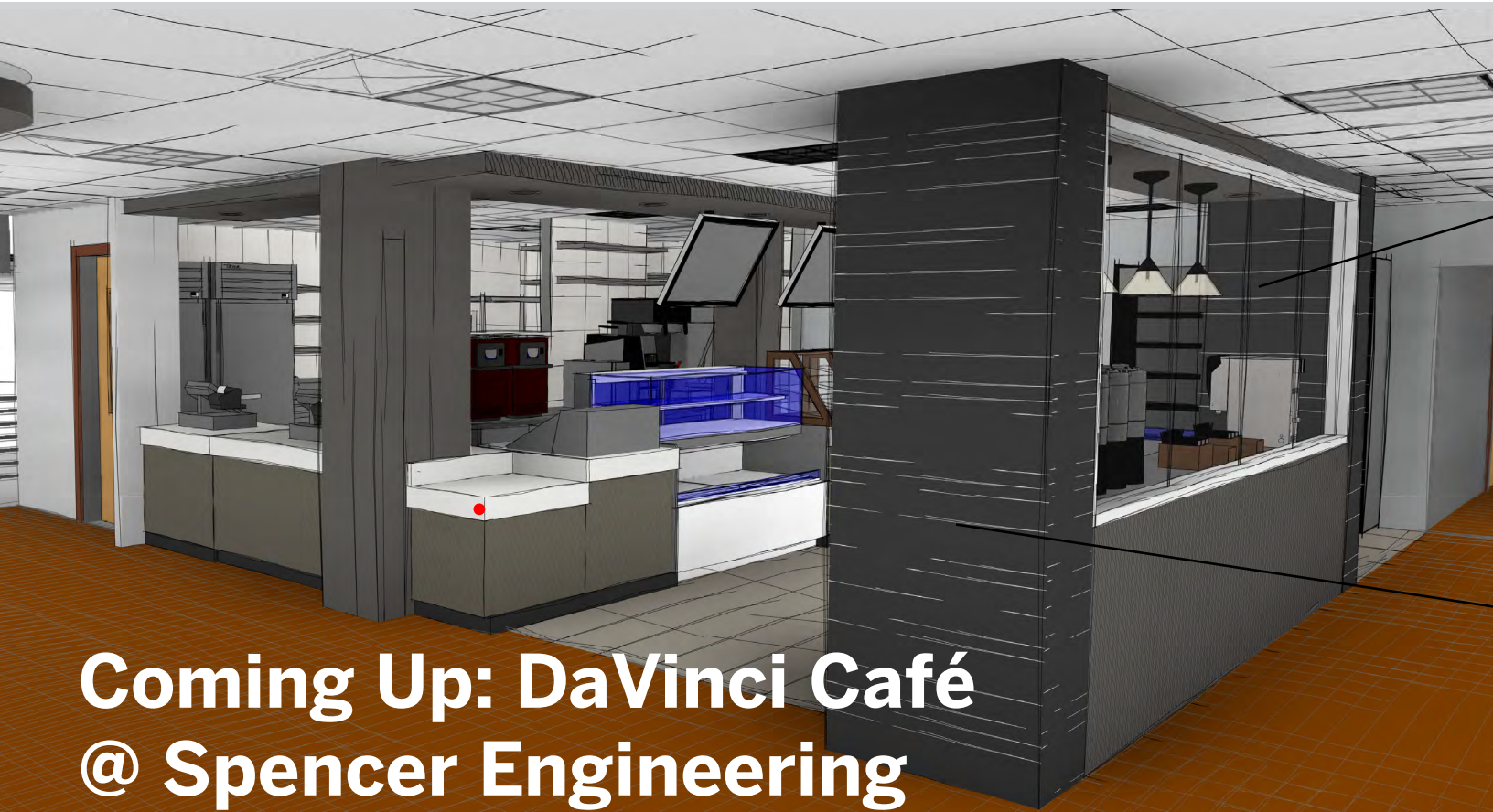
Residence closure	May 1
Spring Convocation	June 10–14
.....	June 17–21
IACAC Conference	July 8–12

IN-HAS Newsletter Committee

Lindsay Arnold, Amanda Chung, Stephen Cribar, Pam Kenward, Calista Powell, Janet Smith and Lina Wang

Contact us at has_comm@uwo.ca

Graphic Design by Kelly Hunt



Coming Up: DaVinci Café @ Spencer Engineering

Kevin McCabe | Associate Director, Hospitality Services

Twenty-one years ago, Tim Hortons was brought to the Spencer Engineering Building to service the Faculty of Engineering. This unit was very successful for a number of years and was able to fully serve the students, staff and faculty. As the faculty grew, so grew the Tim Hortons and their menu offerings.

With the addition of Thompson Engineering Building, an expanded student base and the recent addition of the Amit Chakma Centre, Tim Hortons alone can no longer fulfill the food service needs of the faculty.

Over the past two years, Hospitality Services has completed surveys and focus groups, and worked closely with the Dean’s Office to develop a new food service operation that will enable us to better cater to the needs of the clientele. In September 2019, the new “DaVinci Café” will open, featuring a wide range of self-serve coffee, tea, nitro coffee and cold brew, along with a full espresso, latte and cappuccino menu, to suit the needs of the hot and cold beverage customer.

An expanded menu of grilled artisan sandwiches, salads, daily vegan and alternative protein hot features will be available to the Engineering Faculty and will be served in a much quicker fashion than the current model allows. Items such as spinach and ricotta lasagna rolls, chicken parmesan, eggplant parmesan, rustic flatbreads, panzerottis, butter chicken or

chana curries served with rice, samosas and mango chutney, will be the types of features offered daily within this unit. Self-Serve, Fresh, Hot, Fast & Friendly will be the new mantra within Spencer Engineering. A great deal of time, effort and resources have gone into the planning of this facility and we’re extremely excited to see the final product. We believe the Engineering customers will be too!



Formica Solid Surfacing
Bleached Concrete
(typical for countertop)



Formica Laminate
Umbra Oak



Custom Glass Film in Kitchen/
Coffee Theme



Lights by Eureka



Graham & Brown Coffee Shop
Black and White Wallpaper
(typical for column)





FORWARD FOOD

A CULINARY EXPERIENCE

Anne Zok | Nutrition Manager, Hospitality Services

We need look no further than the new food guide to recognize the importance of plants in our diet. Canada's Food Guide now depicts a simplified approach to eating; one that encourages plant-based food and reduces the emphasis on meat and dairy. Even within the "protein" category of the food guide, meat and dairy are de-emphasized. "Among protein foods, consume plant-based more often," the new guide says. "The regular intake of plant-based foods – vegetables, fruit, whole grains, and plant-based proteins – can have positive effects on health," including lower risk of cardiovascular disease, colon cancer and type 2 diabetes.

Taking its cue from the widely acclaimed Brazilian approach, the new Canadian guide also includes instruction on behaviors associated with healthy

eating patterns: "Be mindful of your eating habits;" "cook more often;" "enjoy your food;" and "eat meals with others." All great practical, evidence-based recommendations.

During the Reading Week in February, Hospitality Services hosted a plant-based culinary training called Forward Food. Forward Food is a program developed by the Humane Society, an organization which believes that "we ought to be focusing on more plant-based food in an effort to create a better food system."

On February 19 and 20, 24 Hospitality Services Chefs, Assistant Chefs, Supervisors and Managers underwent a two-day, hands-on, plant-based culinary training workshop. Led by Executive Chef, Wanda White and Program

Manager Julie McInnis of the Humane Society, our team embarked on an unprecedented learning experience.

On Day 1, we "Took it to the Street" and prepared fun and easy items such as: Cauliflower Buffalo Wings, Chipotle Sweet Potato Skins, Crabless Crab Cakes and Garbanzo Bean Sliders (to name but a few). We then prepared plant-based soups, sandwiches and salads, followed by a "Grand Slam Breakfast" for the next morning which included such items as: Quinoa Oatmeal and Fruit Parfait, Tofu Scramble and a Biscuit Bar with Tomato Gravy, Chocolate Gravy and Cream Gravy.

On the menu for Day 2 were pastas, grains, rice, international fare and familiar favourites such as Shepherd's Pie, Spicy Potato Curry, Szechuan



COOK
MORE
OFTEN



ENJOY
YOUR
FOOD



EAT
MEALS
WITH
OTHERS



Zoodles and Vegetable Wellington. Oh yes ... and we can't forget the desserts! Bananas Foster, Chocolate Cobbler, Eclair Cake and Red Velvet Cupcakes, were among some of my favourites. When all was said and done, over 70 plant-strong recipes were prepared, presented and enjoyed.

Forward Food Culinary Training taught us all some basic food skills. It introduced us to new ingredients and cooking techniques and it served to remind us of the amazing flavours and textures that can be derived from simple, wholesome, ingredients. We came away with many tangible skills. However, what stood out for me was the sense of pride and

newfound enthusiasm around what we'd created.

Over the two days, we cooked, proudly took pictures of, and then enjoyed the platters and bowls of mouthwatering, colorful food. For a moment we had almost forgotten that among all the food laid out before us, the entire array was plant-based.



Future Mustangs Visit Campus at March Break Open House

Calista Powell | Marketing and Communications Coordinator, HAS

On March 8, we were blessed with a sunny day and an open University Drive bridge for this year's Open House. Around 6,000 future Mustangs and their families visited our campus to attend faculty sessions, tour residence buildings, try out dining hall food and even make their very first Western sweater purchase from The Book Store.



An event of this size really is an all-hands-on-deck project—so thank you to the more than 400 Housing and Ancillary Services employees who dedicated their Saturday to show off the incredible facilities, services, programs and learning opportunities that Western is known for.



AROUND 6,000
FUTURE MUSTANGS & THEIR FAMILIES VISITED



On February 5, members of our Housing HR and Hospitality Services team met with students, soon-to-be graduates, and alumni at the HireWesternU job fair hosted at the Recreation Centre! The fair saw over 1,500 attendees from over 200 programs. It was a great opportunity to showcase the many part-time and full-time opportunities that Housing and Ancillary Services has to offer!

Tax Season and T4s

Kris Worton | HAS Payroll Coordinator

Don't forget! The deadline to file your income tax returns is April 30, 2019. As a reminder, your T4 slips are now available online through MyHR by default. If you submitted your online request for a mailed tax slip before February 15, 2019, it has been mailed to your home address.

You can find more information here: www.uwo.ca/hr/benefits/pay_info/t4_t4a.html or contact Kris Worton at 519-661-2111 Ext. 82959 or kris@housing.uwo.ca.





Keep It On Campus Open House: How We Joined Forces to Bring HAS Campus-Wide

Lindsay Arnold | Marketing and Communications Coordinator, HAS

During the Staff & Leaders' Conference week, over 250 Western staff gathered in the Great Hall to learn about one thing: how Western's Ancillary Services can help them succeed in their role.

This event was dubbed the Keep it on Campus Open House and was an achievement months in the making.

The Keep it on Campus Open House was spearheaded by the HAS Marketing Team and brought to life with the help of a committee with key members across the HAS portfolio. The goal was to educate the campus community about the services available on campus, why keep budget dollars on campus, and encourage staff to make connections for future projects.

Brainstorming and planning for this event started in the early fall, when Central HR accepted the proposal from HAS Marketing to include it in the agenda for the Staff & Leaders' Conference. The services shared at this event will help staff succeed in their roles, and enhance their personal and professional learning, all of which fits perfectly to the theme of the Conference.

Next came the branding phase. Our marketing team worked hard to name the event and give it a memorable brand, along with the help of Graphic Services. This brand was used to set the tone for the entire event, and was leveraged in slideshows, printed one-pagers, and even buttons and USB drives.

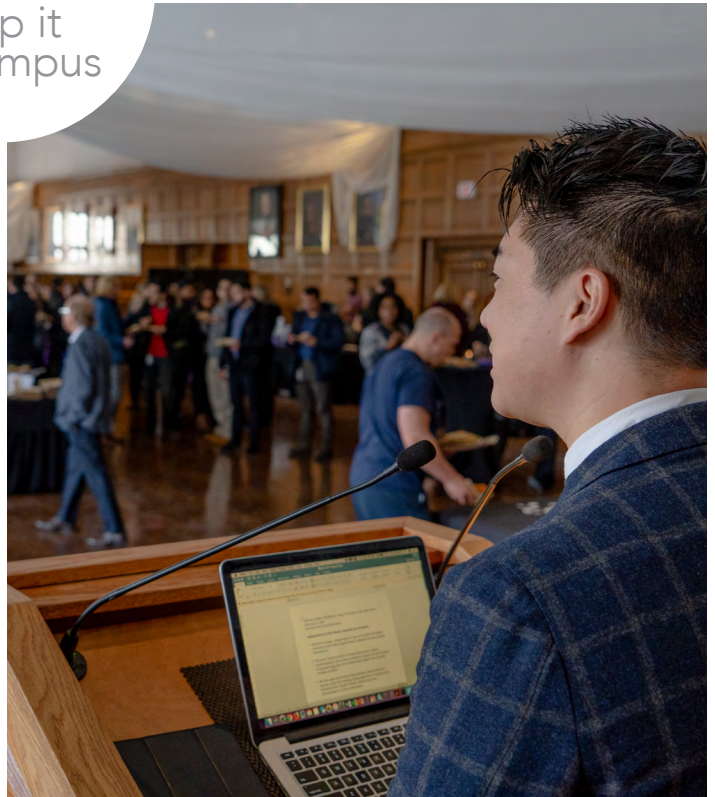
Promoting the event proved to be the easy part. It was included in all communications about the larger Conference, and once

people saw that food from Great Hall Catering was involved, they were hooked. In fact, the event was fully booked within one hour after the registration was made live!

We didn't, however, just want people to attend and eat. We wanted people to learn and engage. To prompt conversations at each table, the committee came up with the idea of 'passport'. Each attendee was given a passport when they arrive, and had the staff at each table to sign it after their conversation. Once it's complete, they could submit it for the chance to win a gift bag full of donated items from each department. A Kahoot quiz was also hosted by Chris Alleyne, our Associate Vice-President to test the guests about some fun facts they learned throughout the event.

The conversation didn't end after the event. All attendees were given a connected lanyard and USB drive which held all of the key information presented at the event in one document (while helping to keep this event paperless and sustainable). They were also sent a follow-up email which included links to each of the departments they met with at the event.

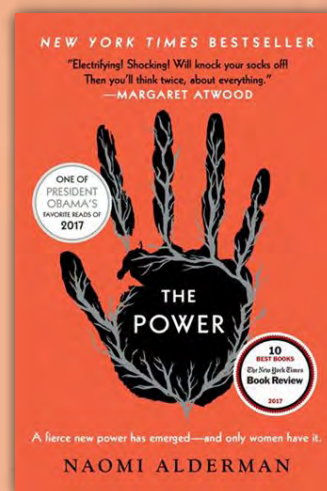
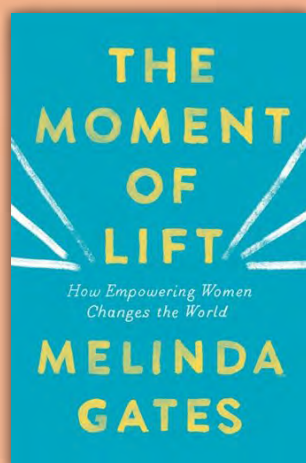
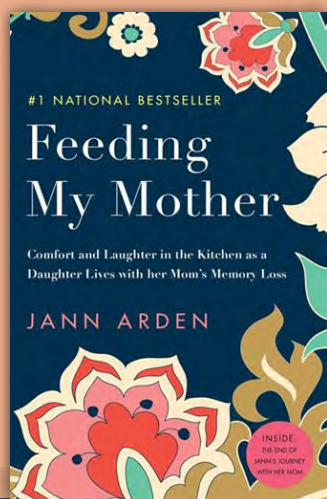
Highlights of the event included hearing attendees say "I didn't know that was possible!", tasting delicious food samples from Great Hall Catering's new menu, and most importantly, seeing the power of what can happen when our Division comes together. New, valuable connections were made, and now at least 250 more people know what good can happen if you keep it on campus with Housing and Ancillary Services.



Thank you to the following departments that helped make this possible: The Book Store, Campus Meal Plan, Campus Computer Store, Conference Services, Graphic Services, Great Hall Catering, Ontario Hall Suites, Western Summer Accommodations.

For more information on Keep It On Campus campaign, check out: keepitoncampus.uwo.ca

Fresh Spring Books



IN-HAS Book Shelf

Stephen Cribar | Associate Director, Sales & Communications, Retail Services

Feeding My Mother: Comfort and Laughter in the Kitchen as a Daughter Lives with her Mom's Memory Loss

By Jann Arden

The instant #1 international bestseller from the beloved author of *How to Stop Time* and *The Humans*.

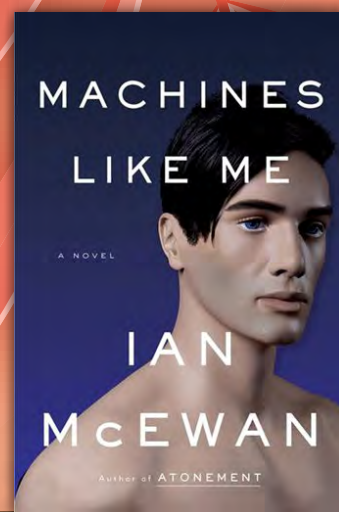
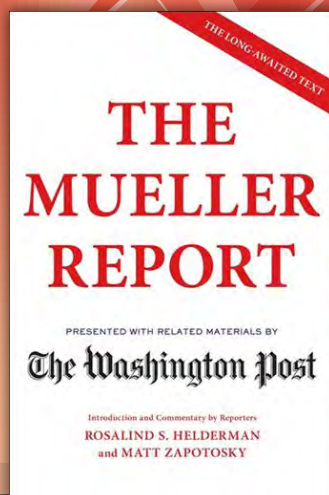
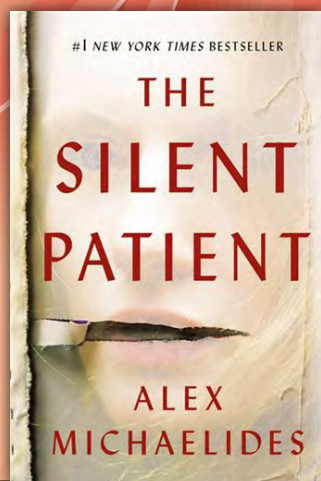
When beloved singer and songwriter Jann Arden's parents built a house just across the way from her, she thought they would be her refuge from the demands of her career. And for a time that was how it worked. But then her dad fell ill and died, and just days after his funeral, her mom was diagnosed with Alzheimer's. In *Feeding My Mother*, Jann shares what it is like for a daughter to become her mother's caregiver—in her own frank and funny words, and in recipes she invented to tempt her mom. Full of heartbreak, but also full of love and wonder.

The Moment of Lift: How Empowering Women Changes the World

By Melinda Gates

A debut from Melinda Gates, a timely and necessary call to action for women's empowerment.

"How can we summon a moment of lift for human beings – and especially for women? Because when you lift up women, you lift up humanity." In this moving and compelling book, Melinda shares lessons she's learned from the inspiring people she's met during her work and travels around the world.



The Power

By Naomi Alderman

All over the world women and girls are discovering they have the power. With a flick of the fingers they can inflict terrible pain, and even death. And with this small twist of nature, everything changes drastically. Ambitious and provocative, visceral and page-turning, award-winning author Naomi Alderman's *THE POWER* at once takes us on a journey to an alternate reality and exposes our own world in bold and surprising ways.

The Silent Patient

By Alex Michaelides

The *Silent Patient* is a shocking psychological thriller of a woman's act of violence against her husband and of the therapist obsessed with uncovering her motive.

"An unforgettable and Hollywood-bound new thriller... A mix of Hitchcockian suspense, Agatha Christie plotting, and Greek tragedy."

— *Entertainment Weekly*

The Mueller Report

By *The Washington Post*

Read the findings of the Special Counsel's investigation into Russian interference in the 2016 election, complete with accompanying analysis by the Post reporters who've covered the story from the beginning.

Machines Like Me: A Novel

By Ian McEwan

The new novel from the master storyteller is his best in years. Brilliantly McEwan, richly entertaining, a moving love story and a mystery yet for all its gripping plotline one of the most morally layered novels written for our times, as it carries us into a provocatively real alternative history and the profound challenges of Artificial Intelligence.



Perth Hall Goes Green and Wins Award

Calista Powell | Marketing and Communications Coordinator, HAS

A team of Perth Hall students recently received a 2019 Western Green Award for their sustainability initiatives in residence. These awards recognize an individual or team that initiates or supports an activity with positive environmental outcomes, encourages participation and involvement, working with groups and organizations to meet goals, or demonstrating an environmentally friendly effort or campaign.

Together, they demonstrated alignment with Western's Sustainability Strategic Plan by coordinating events such as Bring a Mug Week, Rez Powers Down, and recycling awareness activities to decrease the environmental impact of the residence.

Congratulations to Kimia Raahemifar, Swapnil Sharma, Tiffany Lu, Michael Haswell, Andy Chiang, Ardavan Bonyadibehrouz, Jania Hemnani and Ryan Davey for their outstanding efforts!

Western Becomes Smoke-Free Campus, Effective July 1

In less than three months, Western is becoming a smoke-free environment. Smoking will then be prohibited on any University property. Western's goal is to provide a healthy, clean campus environment for those who study, live, work and visit here.

For those employees who want to quit smoking, Western has some good resources to help you, and can also link you to community and online support.

Check out here:

www.uwo.ca/hr/safety/wellness/clear_the_air/quit.html

QUITTING IN 2019?

Consider attending a STOP Workshop hosted by the Middlesex London Health Unit on April 17. The two-hour long free workshop will be held at the Health Unit and include an educational session and a five-week course of nicotine patches. Call the number on the right to register!

DO YOU WANT TO QUIT SMOKING?

The Middlesex-London Health Unit is hosting a workshop in London to help you quit.

Wednesday
April 17, 2019
9:30am – 12:00pm

Eligible participants will receive free nicotine replacement therapy (NRT).

To see if you're eligible, call:
519-663-5317 ext. 4357

A Culinary Tour of SOUTH AMERICA

Tina Smith | Unit Manager, Residence Dining

Imagine transporting yourself, gastronomically, to another place; a place where you feel the comfort and passion of the people and food they present. The students in each residence on campus had this very experience during International Week November 2018.

Perth Hall Residence embarked upon a delightful culinary journey through South America. Our very own South American native, Della Montero, deliciously navigated us from the mountainous regions of Columbia, Chile, Peru and Bolivia, to the rolling hills and majestic waters of Argentina and Brazil.

Della meticulously planned and executed a very challenging yet authentic menu. Our students were treated to sumptuous delights ranging from Peasant Gaucho Bean Stew, to Brazilian Carioca Chicken in a delicious coconut sauce, to Elotes—a popular South American street food. Some other highlights included Carne Desfiada (Brazilian shredded beef) served on Tostones (fried plantain) topped with a green Aji sauce and a fiery pineapple salsa. Finishing off the menu was the Bolivian sweet treat, Tawas Tawa, consisting of fried dough rolled in a cinnamon sugar and topped with homemade Dulce de Leche and vanilla ice cream.

The ambiance was heightened with festive décor and traditional South American music. Our students' culinary senses were most certainly tickled with a true taste of international cuisine. Kudos to all the Chefs and staff for creating and featuring a wide array of appetizing delights from around the world.

