

# Summer Wheat Sheafs

the **WHEAT SHEAF** Summer 2009  
 the newsletter of with the grain - bakery - cafe - catering - pastry - workshops  
 Corner of London & Washburn - Ouelph, Ontario - 519.827.9960 - www.withthegrain.com

## 10 Years and Counting...



*"We signed the lease for 294 Washburn St. on the afternoon of June 15, 1999 and I then immediately felt nervous for a heating trip on the Trent Severn Waterway. By the end of the day I think they were sorry I'd come along because I spent the entire time observing about whether we had made the*

*"Over the years I have had incredible help from my family and friends. Your financial, physical, artistic, creative, technical, and emotional support throughout the years has meant more to me than words could ever convey. Thank you."*

*right decision or not. After ten years I feel fairly confident that we did! We couldn't have picked a better neighbourhood or found a building with as much charm. Granted, clearing old buildings comes with their own set of problems but I would never trade it for a more modern building so maybe how updated the electrical and plumbing?"*

*"Growing this business has been like going back to school over and over and over. Learning how to bake (20,000 squares a year) and cook (1000 kilos of chili a year) in quantity while still keeping the highest quality, how to find the best suppliers, how to negotiate pricing, how to find and hire the best employees, how to provide the best service, how to choose a bank, how to incorporate, how to read a balance sheet, how to buy commercial property, how to decide the best way to grow and expand, how to deal with government at all levels and their sometimes*

*arbitrary and ridiculous web of paperwork (admittedly, still working on that one), and I could go on and on but then you will wish I hadn't gone on the best trip ever!"*

*"But, like so many things in life, the hard things have also brought the most satisfaction. It feels good to face challenges every day and I just can't think of very many dull moments in the last ten years."*

*"I think it's a great time to be in the food world. As a community we have become interested in where our food comes from, what is in it, and how it is made. Suppliers of locally grown and produced food are blossoming because of this new found interest and we can get the most amazing ingredients on our own doorstep. In the past five*

*"On a personal note I would like to thank each and every one of our past and present staff all 200 of you, for your contributions to the success of WFG. For all the requests, the assignments and spare you brought with you every day. I can honestly say that without that WFG would not be what it is today! My very best wishes to all of you."*

*years we have been lucky to see some great new restaurants and food purveyors opening their doors in Guelph and I think it bodes well for what we're going to be able to experience going forward! We at With the Grain hope to be a part of it for many years to come!"*



Bakery & Cafe: Monday to Friday 7am to 5pm, Saturday 8am to 5pm, Sunday 9am to 5pm  
 \*Shan's Creek Cafe: Wednesday & Thursday 11am to 5pm, Friday 11am to 5pm, Saturday & Sunday 11am to 5pm

## 10 Years and Counting...

...I think it's a great time to be in the food world. As a community we have become interested in where our food comes from, what is in it, and how it is made. Suppliers of locally grown and produced food are blossoming because of this new found interest and we can get the most amazing ingredients on our own doorstep. In the past few years we have been lucky to see some great new restaurants and food purveyors opening their doors in Guelph and I think it bodes well for what we're going to be able to experience going forward! We at With the Grain hope to be a part of it for many years to come! ...

Sheri Bishop - Summer 2009

## Good Food... Great People!

We have been preparing our house made creations lovingly, using only the best ingredients but our ability to keep things going strong isn't just because of our undeniable good food... it's about the GREAT people working here who prepare, serve and enjoy our food and more importantly our philosophies...

Melanie Hill - Summer 2009

## Strawberries and rhubarb: made for each other

Who says pink and red clash?! Our favourite perennial spring and summer fruits, rhubarb and strawberries, certainly don't. Both have long recorded histories - and did you know neither is actually a fruit? ...

Leigh Watterworth - Summer 2007



Twenty years from now you will all be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.  
- Mark Twain



# July

# July 2010

Monday	Tuesday	Wednesday
<b>5</b>	<b>6</b>	<b>7</b>
<b>12</b>	<b>13</b>	<b>14</b>
<b>19</b>	<b>20</b>	<b>21</b>
<b>26</b>	<b>27</b>	<b>28</b>
		WtG's 11th Anniversary

# July 2010

Thursday	Friday	Saturday/Sunday
<b>1</b> Canada Day	<b>2</b>	<b>3</b> Independence Day (US) <b>4</b>
<b>8</b>	<b>9</b>	<b>10</b> <b>11</b>
<b>15</b>	<b>16</b>	<b>17</b> Cuisine Art Weekend at the Historic Alton Mill/ Shaw's Creek Café <b>18</b>
<b>22</b>	<b>23</b>	<b>24</b> <b>25</b>
<b>29</b>	<b>30</b>	<b>31</b>

# Spinach Salad with Blackberries, Blue Cheese and a Maple Vinaigrette

This refreshing salad is perfect for hot summer days. Easy to make, but impressive in taste, it's a great salad to serve along with something fresh off of the BBQ.

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## Maple Vinaigrette

*3 Tbsp pure maple syrup*  
*3 Tbsp red wine vinegar*  
*1 tsp dijon grain mustard*  
*1/4 cup canola oil*  
*1/2 tsp salt*  
*1/4 tsp freshly ground pepper*

Place ingredients into a bowl and whisk together.

## The Salad

*1 bunch fresh spinach*  
*1 qt fresh blackberries*  
*1 pkg maple glazed walnuts\**  
*1 pkg blue cheese, crumbled*

Top fresh spinach with remaining ingredients and drizzle with maple vinaigrette.

*\*Maple Glazed Walnuts are available for purchase at our locations in Guelph as well as Shaw's Creek Café*





“If you’re afraid  
of butter, just  
use cream.”  
- Julia Child



August

# August 2010

Monday	Tuesday	Wednesday
<b>2</b>  Civic Holiday	<b>3</b>	<b>4</b>
<b>9</b>	<b>10</b>	<b>11</b>
<b>16</b>	<b>17</b>	<b>18</b>
<b>23</b>	<b>24</b>	<b>25</b>
<b>30</b>	<b>31</b>	

# August 2010

Thursday	Friday	Saturday/Sunday
		1
5	6	7
		8
12	13	14
		15
19	20	21
		22
26	27	28
		29



## Iced Tea Recipe

Our house made iced tea is a sweet classic: it's the satisfying complement to a hearty sandwich, or perfect as a stand-alone thirst quencher on a sunny day. Try experimenting with different types of teas to get different flavours.

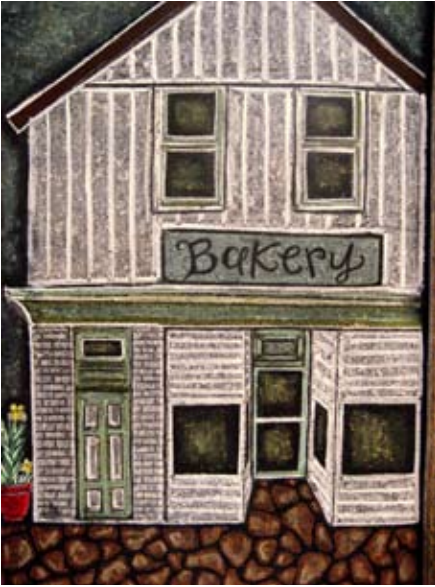
Thoroughly wash 3 fresh lemons (including rind), and cut into paper-thin slices. (preferably organic) Combine in a large pot with 4 1/2 cups cold water and 3 cups sugar. Heat on medium-high and stir frequently, or sugar will scorch. When mixture is nearly boiling, add 75 ml of loose leaf Darjeeling black tea and 100 ml of Earl Grey (we use Choice's organic, fair trade versions). Stir well. Do not let boil, but simmer for 10 minutes. Remove from heat, strain, and cool. Pour into a glass jar or pitcher and refrigerate.



To serve:

Pour 2 1/2 Tbsp syrup (or to taste) over ice. Top up with 8 to 10 oz of cold water. Stir, and garnish with a lemon slice.





"Actually, all education is self education. A teacher is only a guide, to point out the way, and no school, no matter how excellent, can give you an education. What you receive is like the outlines in a child's coloring book. You must fill in the colors yourself." - Louis L'Amour



# September

# September 2010

Monday	Tuesday	Wednesday
		<b>1</b>
<b>6</b>  WtG Closed Labour Day	<b>7</b>	<b>8</b>
<b>13</b>	<b>14</b>	<b>15</b>
<b>20</b>	<b>21</b>	<b>22</b>  First Day of Fall
<b>27</b>	<b>28</b>	<b>29</b>

# September 2010

Thursday	Friday	Saturday/Sunday
2	3	4 5
9 Rosh Hashanah	10	11 12
16	17	18 Yom Kippur 19
23	24	25 Buckets of Color weekend at the His- toric Alton Mill/Shaw's Creek Café 26
30		

# Tuscan White Bean Soup

A warm and savoury soup, perfect for the transition from summer into fall. Try serving it with our delicious Rosemary Millet or Four Grain Bread.



*4 1/2 cups dried navy beans  
2 1/2 cups onions  
2 - 3 minced cloves of garlic  
8 cloves whole roasted garlic  
3 or 4 celery stalks  
2 diced carrots  
1 sweet red pepper, diced  
3 quarts water  
1/2 Tbsp salt  
1/2 Tbsp dry mustard  
1/2 Tbsp black pepper  
1/2 tsp dry sage  
1/2 cup white wine  
1/2 cup lemon juice*

Soak the navy beans overnight, then boil until soft.

Purée roasted garlic and half the beans until smooth, set aside.

Mix water, white wine, lemon juice and spices in a large pot.

Add veggies, beans and purée. Heat and adjust seasonings.

Enjoy!





*"There are three things I have learned never to discuss with people: religion, politics and the Great Pumpkin." - Linus*



# October

# October 2010

Monday	Tuesday	Wednesday
<b>4</b>	<b>5</b>	<b>6</b>
<b>11</b>  WtG Closed Thanksgiving Day	<b>12</b>	<b>13</b>
<b>18</b>	<b>19</b>	<b>20</b>
<b>25</b>	<b>26</b>	<b>27</b>

# October 2010

Thursday	Friday	Saturday/Sunday
	<b>1</b>	<b>2</b> <b>3</b>
<b>7</b>	<b>8</b>	<b>9</b> WtG Closed at 3pm <b>10</b>
<b>14</b>	<b>15</b>	<b>16</b> <b>17</b>
<b>21</b>	<b>22</b>	<b>23</b> <b>24</b>
<b>28</b>	<b>29</b>	<b>30</b> Halloween <b>31</b>

# Fall Wheat Sheafs

the WHEAT SHEAF

THE NEWSLETTER OF WITH THE GRAIN - BAKERY - CAFÉ - CATERING - PANTRY - WORKSHOPS  
Corner of London & Woolwich - Guelph, Ontario - 519.827.0008

Fall 2008

Call: Mon to Sat 8 am-6 pm - Sat 8 am-2 pm - Sun 9 am-2 pm | Pantry: Tues to Fri 10 am-6 pm - Sat 10 am-2 pm | Bakery at 295: Tues to Sat 7 am-2 pm

## Oh, the changes a year can bring!



Our new and improved bakery beautiful, spacious and practical.

It's amazing to think that it was more than a year ago—in fact, July 4, 2007—that we swung the first sledgehammer blow to the walls of the tiny rooms at 295 Woolwich Street, and that nearly five months have passed since we opened the doors of our new bakery.

Four seasons have passed, and

we're back where we started, with wonderful, glorious fall weather.

As I think back over the months since last fall, I am amazed at how much work we've done and what changes we have made. In the midst of all the physical and structural work, there is the underlying

personal growth and change that we

have each had to make to adapt to this new environment.

WIG has always been favoured with amazing staff, and during this expansion project they have contributed their ideas, labour and good energy to the actual hand graft of redesigning our physical space.

The finished results are good—the new bakery space is beautiful, spacious and practical; the new kitchen space is cooler, more efficient, and provides room to breathe to its denizens; and the counter/service area is cooler, brighter and safer.

This new version of With the Grain opens up all kinds of possibilities for more change, and we look forward to using our new spaces to their full advantage! We hope you all have a great Thanksgiving and long and happy Fall!

Sheri Bishop

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Sheri Bishop - Fall 2008

## Welcoming the Colours of Fall

You know Fall is on the way when you begin to see colourful Fall Mums planted in gardens or potted up in urns flanking entrances, welcoming us in!

In many ways Fall is about coming home. Whether we are back from our summer adventures, setting up a new place away from home or simply returning home for the ensuing holiday season, the light in the window and enticing aromas from the kitchen invite us to eat and spend time with those we care about.

We invite you in to With the Grain, to sit by our fire, enjoy a freshly made soup, meet an old friend, or to simply take time out with a hot apple cider. Enjoy the fall, the colours and the cooler weather!

Fall 2005

### Thanksgiving Hours

WIG CAFÉ: Fri Oct 10 8 am to 2 pm • Sat Oct 11 Regular hours  
Sun Oct 12 9 am to 3 pm • Mon Oct 13 Closed

THE BAKERY AT WIG: Fri Oct 10 7 am to 7 pm • Sat Oct 11 7 am to 3 pm  
Sun Oct 12 9 am to 3 pm • Mon Oct 13 Closed

THE PANTRY: Regular hours



## In Praise of Autumn!

At With the Grain we welcome the fall season. The cooler weather heightens the many different aromas that drift from the Bakery into our neighbourhood.

We love the tartness and beautiful shine of freshly polished apples and pears and the warm early morning light that fills the front of the shoppe creating a warm and cozy atmosphere. This season encourages us to venture out but also to rediscover the joys of cooking, eating and sharing with our friends. ...

Autumn 2004




"Love had left town on a greyhound bus.  
Life was bleak, bleak, bleak."  
- Bill Richardson

If you find yourself nodding in agreement  
our prescription is to come in for a caramel  
almond latte and a truffle brownie!



# November

# November 2010



Monday	Tuesday	Wednesday
<b>1</b>	<b>2</b>	<b>3</b>
<b>8</b>	<b>9</b>	<b>10</b>
<b>15</b>	<b>16</b>	<b>17</b>
<b>22</b>	<b>23</b>	<b>24</b>
<b>29</b>	<b>30</b>	

# November 2010

Thursday	Friday	Saturday/Sunday
<b>4</b>	<b>5</b>	<b>6</b> Daylight Saving Time Ends <b>7</b>
<b>11</b> Remembrance Day	<b>12</b>	<b>13</b> Santa Claus Parade <b>14</b>
<b>18</b>	<b>19</b>	<b>20</b> 'Twas the Art Before Christmas weekend at the Historic Alton Mill/ Shaw's Creek Café <b>21</b>
<b>25</b>	<b>26</b>	<b>27</b> <b>28</b>

# Winter Wheat Sheafs

*the* WHEAT SHEAF  Winter 2009  
the newsletter of With the Grain - bakery • café • pantry • catering • Shaw's Creek Café

## Visions of Sugarplums...

We celebrated our 10th anniversary this summer with a wonderful party and now with Thanksgiving past and Christmas approaching we are fully launched into our second decade! As you will read in the pages that follow there is a lot happening this season. The frenzied of house folks, the foodies in the kitchen, and the baking crew are "sleeping nestled all safe in their beds, while visions of sugarplums dance in their heads" ... well not really, but they are planning all sorts of seasonal treats for you! Check out the pages that follow, our in store signage and our website for all the details.

On other fronts it has been nearly seven months since

we opened our doors at Shaw's Creek Café in the Historic Alton Mill in Alton near Orangeville. If you haven't been out to visit yet I highly recommend it as a great place to go and enjoy our treats in a beautiful setting. Peter, the Café's manager, has worked hard to create an atmosphere that perfectly complements the surroundings. Quiet, relaxing, delicious food, sincere and personalized service, and a unique line of Canadian made gift items surrounded by art galleries, artist studios and unique retail businesses. Check out our website for more information.

Back here in Gaelph we are creating a new space we are going to call the Meeting



Place. It is situated in the space where our gift store was at 298 Woodwich St. This new venture is designed to offer a private dining and meeting space for up to 10 people. We will provide for your meeting needs as well as your culinary needs in a warm and intimate environment. Please keep an eye on our website for more information.

As this will be our last publication before 2010, I would like to take this opportunity to wish you and your loved ones a warm and wonderful holiday season!

*Sheri*



'Tis the season!

As the holiday season approaches, we here at With the Grain can feel it in our bones. Delivery trucks stop at the Pantry to drop off mysterious packages, the storeroom overflows with chocolate and nuts and dried fruit, decorated shortbread cookies abound, and the Christmas party committee is struck. This time of year, it's hard to think of a better place to be than a bakery like ours. We hope you, your family and friends have a wonderful Christmas season and a fabulous New Year!

Sheri Bishop - Holiday 2006

It's *Holiday Time!*

And with this festive season our ovens bake a variety of hearty and warm specialty items to take home for your holiday table. Come early and pick a seat by our toasty fireplace, whilst enjoying a steaming hot bowl of homemade soup and generously sliced breads. The smell of cloves and spice in the air will surely prepare you for the long winter months ahead. From our kitchen to yours, have a happy holiday!

Holiday 2005

Our favourite things

Isn't it funny how certain holiday seasons evoke in us a fondness for seasonal treats and activities? We sing songs we love; we travel to see familiar faces; we crave foods from our childhood; and we take time to have fun doing our favourite things.

Here at WtG, we love the holiday season for many reasons, not least of which is having an excuse to pull out recipes from years gone-by, gather our favourite ingredients and stock our shelves with goodies. The aromas of our bakery and café during this particular season are not only enticing, but also nostalgic, warming and festive. ...

Katie Franks - Holiday 2008



"I don't know what to do. I am as light as a feather, I am as happy as an angel, I am as merry as a schoolboy. I am as giddy as a drunken man. A merry Christmas to everybody. A happy New Year to all the world. Hallo there. Whoop. Hallo." - A Christmas Carol 1843



# December

# December 2010



Monday	Tuesday	Wednesday
		<b>1</b>
<b>6</b>	<b>7</b>	<b>8</b>
<b>13</b>	<b>14</b>	<b>15</b>
<b>20</b>	<b>21</b> Winter Begins	<b>22</b>
<b>27</b>	<b>28</b>	<b>29</b>

# December 2010

Thursday	Friday	Saturday/Sunday
<b>2</b>	<b>3</b>	<b>4</b>     <b>5</b>
<b>9</b>	<b>10</b>	<b>11</b>     <b>12</b>
<b>16</b>	<b>17</b>  Christmas specialties pick up days begin...	<b>18</b>     <b>19</b>
<b>23</b>	<b>24</b>  WtG Closes at 2pm Shaw's Creek Café Closes at 3pm Christmas Eve	<b>25</b> WtG Closed Christmas Day    WtG Closed Boxing Day <b>26</b>
<b>30</b>	<b>31</b>  WtG Closes at 4pm Shaw's Creek Café Closes at 3pm New Year's Eve	

# Mulled Apple Cider

A seasonal favourite for most, apple cider is one of the best ways to warm up on a cold wintry day. The unique flavours come from heating the cider with cardamom, cinnamon and cloves and then stirring in a little orange juice and fresh cranberries. Here at WtG we prefer to use organic apple cider for its superior flavour.

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In a pot, combine:

*1 liter (4 cups) fresh apple cider*

*1 cinnamon stick*

*1 tsp cloves*

*8 cardamom pods, lightly crushed*



Heat cider and spices gently over medium heat until flavourful and aromatic (about 15 to 20 minutes). Do not boil cider as this can cause it to separate.

Add:

*3/4 cup frozen or fresh cranberries*

*1/4 cup frozen orange juice concentrate*

Stir to combine, heat five minutes more and serve. It looks lovely served with some cranberries and a cinnamon stick in each glass.







# Grainers Through Time...

## 1999

Sheri B  
Steph  
Sylvia W

Francis F  
Glenn C  
Ian W  
Jeff F  
Jennifer W  
Katie F

Jon Paul B  
Joseph M  
Karen M  
Katie F  
Keika C  
Lisa L

Janneke J  
Jaye C  
Jeremy R  
Joan M  
Jonathon C  
Jon Paul B

Jaye C  
Jennifer B  
Jeremy F  
Joan M  
Jocelyn H  
Jonathon C

Eric K  
Eritia S  
Jennifer B  
Jeremy F  
Joan M  
Joanna B

## 2000

Donna P  
Francis F  
Jeff F  
Jeff S  
Jeremy S  
Josh E  
Karina C

Keika C  
Michael D  
Michelle M  
Natalina G  
Rebekah T  
Sarah F  
Sheri B  
Sylvia W  
Therese M

Michael D  
Michelle M  
Natalina G  
Peter V  
Sheri B  
Stephanie J  
Suzanne W  
Sylvia W  
Ted S  
Theresa T

Kate R  
Katie F  
Laura F  
Michael D  
Neisha M  
Peter V  
Rebecca R  
Sam E  
Samantha C  
Scott W

Jon Paul B  
Josea C  
Karen H  
Katie F  
Kelly H  
Laura F  
Melinda F  
Melissa W  
Nicole M  
Nora R

Jocelyn I  
John O  
Jonathon C  
Katie F  
Kelly H  
Keri M  
Kerri DP  
Kerri R  
Laura B  
Laura F

Karyn B  
Kathryn P  
Katie F  
Nicole K  
Rachel M  
Rebekah T  
Sarah F  
Shannon R  
Sheri B  
Steph  
Sylvia W  
Therese M

## 2002

Aimée C  
Alec M  
Angela M  
Anwen S  
Caroline S  
Christine G  
Claire T  
Crystal M  
Derek H  
Donna P  
Evan B

## 2003

Aimée C  
Alec M  
Ann DP  
Anwen S  
Ben W  
Carla S  
Carly W  
Caroline S  
Chris J  
Christine G

Sheri B  
Stephanie J  
Susanna G  
Sylvia W  
Ted S

Peter V  
Samantha C  
Sarah L  
Sheri B  
Susanna G  
Sylvia W  
Ted S  
Tom H  
Vanessa P  
Zak S

Leigh W  
Lindsey M  
Mac P  
Maida T  
Maria O  
Melissa W  
Nana P  
Nathan A  
Nicole M  
Olga A  
Peter V

## 2001

Adrienne F  
Aimée C  
Alec M  
Angela M  
Claire T  
Crystal M  
Donna P

Francis F  
Glenn C  
Haley M  
Ian M  
Ian W  
Janneke J  
Jeff F  
Jennifer W  
Joan M

Daniel T  
Eric K  
Evan B  
Francis F  
Haley M  
Heather P  
Ian M  
Ian W

## 2004

Aimée C  
Alec M  
Allison H  
Amy D  
Benjamin C  
Caroline S  
Chris J  
Daniel T  
Eric K  
Gord L  
Haley M  
Heather P

## 2005

Allison H  
Amanda H  
Amy D  
Benjamin C  
Candice C  
Chris Y  
Daniel T  
Emma B

Samantha C  
Sara B  
Sarah F  
Sarah L  
Scott R  
Sheri B  
Susanne V  
Sylvie P  
Tom H  
Vanessa P

Zak S	Sarah GT	Julia H	Daniele M	Shannon F	Jessica SM
	Sarah S	Katrina J	Danielle N	Sheri B	Jocelyn I
<b>2006</b>	Scott R	Katie F	Derek L		Joel B
	Shelley J	Laura B	Dylan C	Sophie M	Joseph F
Allison H	Sheri B	Lauren P	Earl B	Stacey Z	Julia H
Amanda G	Susanne V	Lauren V	Emily W	Stephanie M	Kate B
Amanda H	Suzanne H	Lea G	Erin A	Stephanie T	Katie F
Amanda W	Sylvie P	Leigh W	Graeme B	Susanne V	Kelly G
Amy D	Tegan F	Lindsay H	Heather P	Sylvie P	Keren H
Anna D	Tessa F	Lisa S	Heather W	Vanessa G	Kim L
Ben R	Vanessa P	Lyn C	Hugh M	Vanessa P	Leigh W
Beth S		Mac P	Jason P	Victoria B	Lindsay R
Carley C	<b>2007</b>	Maegan C	Jaye C	Yusuf R	Louise J
Crystal R		Maggie M	Jenny F		Maegan C
Daniel T	Alex R	Mark K	Jeremy CK	<b>2009</b>	Maggie C
Eric K	Amy D	Melanie H	Jessica SM		Maggie F
Gary P	Andrea L	Melissa W	Jill B	Abigail S	Mandy R
Jaye C	Ben R	Patrick C	Jocelyn I	Alison M	Melanie H
Jeremy C	Beth S	Peter V	Joel B	Amanda M	Melanie L
Jeremy F	Callum C	Sarah L	John W	Amy S	Melanie T
Jessica M	Catalina N	Sarah S	Julia H	Andrea L	Monica P
Joan M	Cezanne H	Scott R	Julie B	Andrew N	Natalie B
Joanna B	Crystal R	Shelley J	Katie F	Autumn G	Nick D
Jocelyn I	Dana M	Sheri B	Katrina J	Beth S	Oriana VZ
Katie F	Dana P	Stephanie M	Kelly B	Brian W	Paul I
Keri M	Daniel T	Stephanie T	Kelly G	Carli W	Peter V
Kirsten J	Danielle M	Susanne V	Leah S	Chelsea T	Rita M
Laura B	Danielle N	Sylvie P	Leigh W	Dana M	Rose F
Lauren P	Derek L	Vanessa G	Lisa S	Dylan C	Sarah S
Leigh W	Emily H	Vanessa P	Maegan C	Earl B	Shannon F
Lindsey F	Emily W		Maggie C	Elaine F	Sheri B
Lindsay H	Evan D	<b>2008</b>	Maggie M	Emily H	Sophie M
Lyn C	Gillian S		Maggie F	Emma R	Stacey Z
Mac P	Heather W	Abby W	Melanie H	Gavin MK	Subi W
Maria O	Issac L	Abigail S	Melanie R	Graeme B	Susanne V
Maida T	Jaye C	Amanda M	Melissa W	Hannah B	Sylvie P
Marney B	Jeremy C	Andrea L	Natalie B	Heather P	Tara W
Melissa W	Jeremy F	Andrew N	Noah B	Hugh M	Victoria B
Olga A	Jessica M	Beth S	Rita M	Jaye C	Yusuf R
Peter V	Jocelyn I	Cezanne H	Sarah S	Jennifer S	
Renée D	John W	Dana M	Sarah Jane Y	Jeremy CK	



*Shaw's Creek Café*

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*With the Grain Guelph Locations*

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"An entrepreneur tends to bite off a little more than (s)he can chew hoping (s)he'll quickly learn how to chew it." - Roy Ash



Sheri