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cover image:
Jaxatu Ngalam egg-
plant, one of the many
vegetables grown as
part of MSAAQ, to
provide locally-grown
vegetables for the
African diaspora See
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MESSAGE FROM THE BOARD

Dear CAFS Members,

As we welcome the changing seasons, we are eager to share reflections on recent events and exciting news about what's ahead for the CAFS community. We begin with the recent CAFS 2024 Student Solidarity Food Forum. This event was held at Concordia University in June in conjunction with Concordia Food Coalition's Devour Conference. The Solidarity Food Forum brought together a vibrant community of scholars and students, with mentors presenting and engaging participants in workshop formats. Highlights included discussions on innovative metrics for local food in the Quebec context, learning about non-academic pathways for food systems researchers, and exploration of the role researchers can play in efforts to end the use of food as a weapon of war.

With the momentum of the CAFS 2024 Assembly, we are thrilled to announce that the **2025 CAFS Assembly will be hosted at George Brown College from June 2 to June 5, 2025**, in conjunction with the Federation for Humanities & Social Sciences 2025 Congress. Find the Save the Date under events. Check our [Upcoming Conference](#) page for updates.

Please note that the **Conference Planning Team** is in need of additional support from the CAFS community, including student leads for the CAFS Pre-conference and support for the local organising committee. Please [connect with us](#) if you are interested.

Our team has also been hard at work on several key

initiatives in the last few months. A **Strategic Planning Committee (SPC)** has been struck to oversee the processes involved in articulating the vision, core values, and goals for CAFS over the next 10 years. If you would like to get involved, be sure

to connect with [Dr. Erik Chevrier](#).

MESSAGE DU CONSEIL

The **ad hoc Committee on Palestine and the Right to Food** has been actively involved in communicating the impacts of the Israeli incursion into Gaza and drawing attention to food being used as a weapon of war. The Committee is participating in the plenary planning of the upcoming 2025 CAFS Conference and have recently published a piece in the Conversation on [Colonialism, starvation and resistance: How food is weaponized, from Gaza to Canada](#).

The latest Issue of **CFS/RCÉA** celebrates the 10 year anniversary of the Journal . The issue entitled [Reflecting on a Decade of Canadian Food Studies](#) takes a look at the history of the journal and looks toward its future, reflecting on the journal's ethos, range of publications, and its efforts to promote rigorous scholarship done differently.

In this edition of the CAFS newsletter, we also celebrate the breadth and diversity of Canadian food scholarship with updates on food studies projects, recent publications and opinion pieces! We invite you to explore the newsletter and engage with the thought-provoking insights our contributors have shared.

Warm regards on behalf of the board,
[Zsofia Mendly-Zambo](#), CAFS Co-Chair
[Jenelle Regnier-Davies](#), CAFS Co-Chair

EVENTS

Foundations, Evolutions, and Revolutions

We are pleased to announce that the 2025 Canadian Association for Food Studies Assembly will be hosted at George Brown College from June 2 - June 5, 2025 and will be delivered in conjunction with the Federation for Humanities & Social Sciences Congress (running May 30 to June 6, 2025). The broader theme of Congress, just announced, is “[Reframing Togetherness](#).”

Monday June 2 will be dedicated to the pre-conference, which aims to dedicate time towards mentorship and support for new and emerging food studies scholars. In keeping with the CAFS conference theme of Foundations, Evolutions, and Revolutions we are planning a three-day arc of plenary events that brings to life these animating ideas. Our plenary on Day 1 (Tuesday June 3) will look back to the foundations and origins of food studies in Canada over the last 30 years. On Day 2 (Wednesday June 4), our plenary will look at the present issues, concerns, and priorities characterizing food studies scholarship, practice, and advocacy. On Day 3 (Thursday June 5), the plenary will look towards



ongoing evolutions and revolutions in food studies as we move forward in shared yet diverse ways. We encourage everyone to book this time in their future calendars. We will follow up with calls for submissions and a preliminary program in the near future. Your membership with the Canadian Association for Food Studies is crucial to ensure the delivery of this momentous event. As we plan for the upcoming [2025 CAFS Conference](#), we urge you to communicate your commitment to our collective work by renewing your [membership](#) and encouraging new or emerging researchers, students, and interdisciplinary scholars to join us in the food studies community.

Questions? Contact [conference organizers](#)

Dig In (2.0) Atlantic Food Systems Summit

Registration for [Dig In \(2.0\) Atlantic Food Systems Summit](#) is now open!

Dig In is a weekend-long conference that will gather stakeholders from across Atlantic Canada on both the supply and demand side of food systems to collaborate and work together to strengthen food security, food sovereignty, and resilience in the region.

Spaces are limited; please register early! In an effort for attendance to be from a wide range of folks from across the Atlantic region, and all sectors of food systems, we ask that only two people from each group/organization/department register!

Tickets can be found through Eventbrite: [Dig In \(2.0\) Atlantic Food Systems Summit](#)

We would love it if you could share the details of Dig In

with your networks!

NEWS

The [Atlantic Food Action Coalition](#) is now on social media; stay up to date through:

- [Instagram](#)
- [Facebook](#)
- [LinkedIn](#)
- [AFAC updates email list](#)

Mouvement pour la souveraineté alimentaire des Afro-Québécois-e-s (MSAAQ)

The Mouvement pour la souveraineté alimentaire des Afro-Québécois-e-s ([MSAAQ](#)) is a non-profit that is working towards health equity for Quebec's Afro-descendant communities through access to healthy, local, affordable and culturally appropriate food. Acknowledging the unequal access to healthy, nutritious food for racialized people, particularly the Black community, this network of farmers around the Montreal area grows vegetables that are culturally adapted to the Afro-Quebec community. This past summer was their first year of selling vegetables at the Jean Talon Market, and these photos were captured at two of their production sites on the island of Montreal.

Featured in the photos: Hamidou Maiga of Hamidou Horticulture, photos by Rachel Cheng.

Contact: [Alexia Sow](#)

DIG IN 2.0
The Atlantic Canada
Food Systems Summit

REGISTRATION OPEN!

Spaces are limited!
Register early via Eventbrite

November 22-24, 2024
Epekwitk - Prince Edward Island

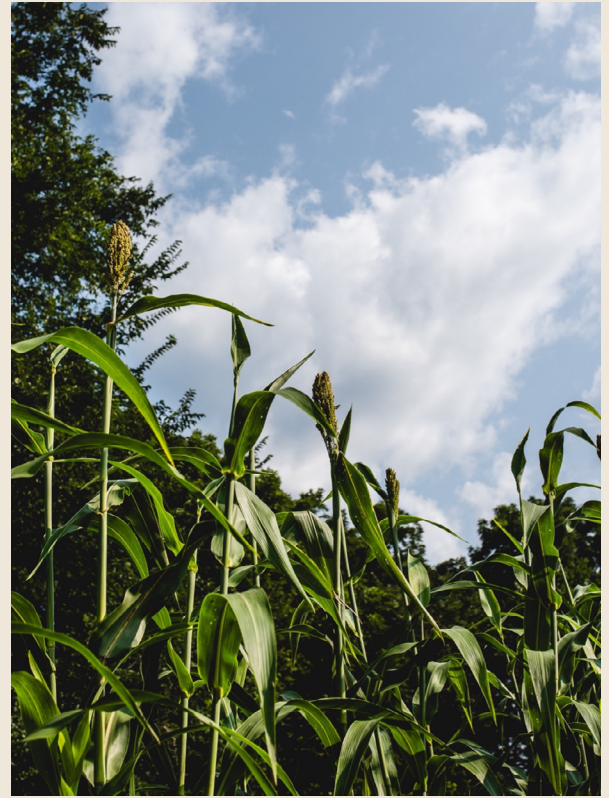
ATLANTIC FOOD ACTION COALITION
CENTRE FOR LOCAL PROSPERITY



The team at Hamidou Horticulture at the Grand Potager in Montreal, a greenhouse that is shared by multiple organizations for production.



Poona Kheera cucumber in a high tunnel in Senneville, QC. The plot land is shared by multiple farmers and organizations in the West of Montreal.



Sorghum in the wind, at one of the production sites of Hamidou Horticulture in Senneville, QC.



Jaxatu Ngalam eggplant, one of the many vegetables grown as part of MSAAQ, aiming to provide locally-grown vegetables for the African diaspora.



Aleppo peppers, one of the many varieties of peppers grown in Senneville, QC.



A staff member prepares seedlings for transplant in Senneville, QC.



Hamidou Maiga walks through rows of squash and sorghum in Senneville, QC.



A volunteer preparing the ground for the next season of planting in Senneville, QC



6 A vegetable basket.

RESEARCH ANNOUNCEMENTS AND UPDATES

Participatory Food Systems Governance Project Update

The Participatory Food Systems Governance project aims to identify effective and collaborative approaches to building healthy, equitable, and sustainable food systems. Working with researchers from universities and community-based organizations across Canada and Indigenous territories, we aim to contribute to the development strategies that facilitate more democratic and integrated engagement with food systems policy and decision-making. The project began in 2019, and is led by researchers from Lakehead University, Carleton University, Saint Paul University, Queen's University and several civil society organizations and is funded by the Social Sciences and Humanities Research Council of Canada and the Province of Ontario. It includes a survey and interviews with leaders from civil society organizations and elders across Canada and Indigenous territories, as well as a series of case studies. Our primary research question asks: How do food movement actors and organizations engage in food systems governance, while also modeling alternative food futures? As part of our project, we have developed a series of videos, infographics and newsletters to share our learnings to date. Everything is available on the [Participatory Food Systems Governance website](#).



Remitting for Resilience (R2): Enhancing Food Security and Climate Adaptation Through Gender-Inclusive Migrant Remittances

The [MiFOOD Network](#) and the [Hungry Cities Partnership \(HCP\)](#) have been awarded a new three-year project grant by the Government of Canada New Frontiers in Research Fund (NFRF) 2023 International Joint Initiative for Research in Climate Change Adaptation and Mitigation Competition. The Remitting for Resilience (R2): Enhancing Food Security and Climate Adaptation Through Gender-Inclusive Migrant Remittances Project will support the network's ongoing efforts to address the intersecting themes of remittances, rural-urban links, food security, and (im)mobility. The R2 grant will enable the team to respond to international calls to enhance adaptive capacities and resilience-building strategies to address the risks of climate change to food security, rural and urban livelihoods, and human mobility in Africa. The objectives of the project include: 1. coproducing and mobilizing knowledge about the role of migration and remittances in rural and urban resilience to climate change; 2. identifying adaptation strategies for enhancing remittance infrastructure resilience and leveraging remittances for reduced food insecurity among migrants and sending communities; 3. building capacity of research partners, local communities, migrant groups, and agencies in mobilizing remittances for climate adaptation. The R2 team comprises over forty researchers and collaborators from eight countries: Canada, Ghana, Kenya, Malawi, Mozambique, Namibia, South Africa and the UK.



MiFOOD Network
GLOBAL MIGRATION & FOOD SECURITY

MiFOOD Network

The MiFOOD Network (PI: Prof. Jonathan Crush) is a research collaboration involving nearly 100 researchers at partner organizations in Canada, China, Ecuador, Ghana, India, Jamaica, Kenya, Mexico, Mozambique, Namibia, Qatar, Singapore and South Africa. Funded by the Social Sciences and Humanities Research Council (SSHRC), MiFOOD aims to enrich the global discourse on the “migration—food security” nexus and empower international and local organizations to understand and address the vulnerabilities of migrants to food insecurity. As of October 2024, MiFOOD Network researchers have successfully collaborated in implementing the first phase of the proposed research program. In 2022, 18 SSHRC-funded research projects on migrant food insecurity in Southern cities were funded and implemented by the MiFOOD partners in 12 partner countries. In addition, 11 research projects on migrants and informal food systems in Southern cities were initiated in 2023 in China, Ghana, India, Kenya, Mexico, and South Africa and are at an advanced implementation stage. Ten research projects on the food security of migrants in transit corridors are planned for 2024-25.

MiFOOD organized a webinar series to share recent findings on migration and food security. The recordings of webinars and project outputs (e.g., papers, reports, briefs, blogs, podcasts) are available on the [MiFOOD website](#).

Follow us on [Facebook](#) and [X \(formerly Twitter\)](#) to stay updated on our progress and upcoming activities. If you have any questions, please feel free to reach out to our project managers [Zhenzhong Si](#) and [Sujata Ramachandran](#).



Photo by Zhenzhong Si of a vegetable vender in Kingston, Jamaica

PUBLICATIONS

Balancing acts: Unpacking mothers’ experiences and meanings of school lunch packing

While Canadian policy makers are considering expanding school food programs in Canada, parents remain primarily responsible for packing lunches. Although women perform disproportionate amounts of foodwork, including feeding their children on school days, little research has investigated mothers’ experiences of packing school lunches in Canada. Drawing on 14 interviews with mothers of elementary-aged children in British Columbia, this study explored how mothers experience and make meaning of packing school lunches. Mothers described lunch packing largely as an individualized responsibility for children’s nutritional health and general wellbeing. Mothers

strived to enact largely unattainable ideals about packing a “good” school lunch and engaged in diverse forms of physical, mental, and emotional labour to do so. When mothers were perceived to fall short of elusive lunch packing ideals, mothers judged themselves and other mothers, and also reported feeling scrutinized by other parents, teachers, and their children. While assuming the bulk of labour related to school lunch work, mothers also forged connections with their children through lunch packing, which they viewed as emotionally meaningful and a symbol of their care, love, and parental responsibility. These findings show that mothers’ experiences with lunch packing are complex and wrapped up in notions of “good” mothering and feeding ideals. For mothers, a “balanced” lunch requires not only a nutritionally adequate meal, but also involves balancing various forms of labour and contradictory emotions about food work. Understanding mothers’ experiences of lunch packing is pivotal for successfully developing school food programs that meet the complex expectations of Canadian families.

Niimi-Burch, S., & Black, J. (2024). [Balancing acts: Unpacking mothers’ experiences and meanings of school lunch packing](#). *Canadian Food Studies/La Revue canadienne des études sur l’alimentation*, 11(2), 171-193.



‘So much mental load’: Mothers speak about school lunches

What makes a good school lunch? Is it nutritional content, the resonance with foods we and our families have loved, the novelty or simply what stands a chance of being eaten? Like many ideas that flit across our brains on a daily basis, these questions are not only mundane but also profound, signaling the many ways we negotiate obligations, roles, responsibilities and hopes. Today in *The Conversation Canada*, Jennifer Black of the University of British Columbia, writing with Seri Niimi-Burch, a graduate of UBC’s master’s program in Integrated Studies in Land and Food Systems, discusses a study about mothers’ experiences of school lunches.

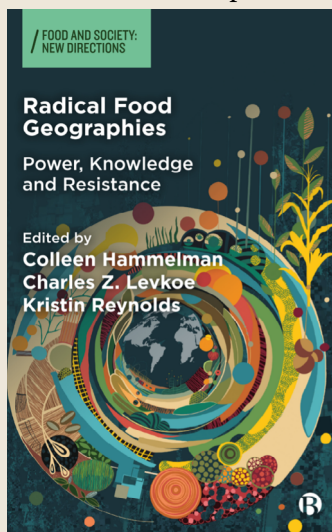
“In Canada, where fewer than 10 per cent of kids regularly eat school-provided meals, parents, especially mothers, are left to juggle school lunches, often under major pressure,” they write. They also discuss what their findings could mean in relationship to school food programs. For parents who are already stretched thin, school-provided meals can reduce the time, money and mental load devoted to lunches. “As Canadian policymakers work towards improving school food programs and better supporting families’ basic needs, we must acknowledge the vital roles of parents and lunch workers — and the complex realities of what it takes to navigate the physical, emotional and cognitive work needed to feed children well.”

J. Black. [‘So much mental load’: Mothers speak about school lunches](#).



Radical Food Geographies: Power, Knowledge and Resistance

Radical Food Geographies: Power, Knowledge and Resistance presents critical and action-oriented approaches to addressing food systems inequities across places, spaces, and scales. With case studies from around the globe, the edited collection explores interconnections between power structures and the social and ecological dynamics that bring food from the land and water to our plates. Through themes of scale, spatial imaginaries, and human and more-than-human relationships, the authors explore ongoing efforts to co-construct more equitable and sustainable food systems for all. Advancing a radical food geographies praxis, the book reveals multiple forms of resistance and resurgence, and offers examples of co-creating food systems transformation through scholarship, action, and geography.



Hammelman, C., Levkoe, C. Z., & Reynolds, K. (Eds.). (2024). [Radical Food Geographies: Power, Knowledge and Resistance](#).

The contributions of community seed saving to health and wellbeing: A qualitative study in Thunder Bay, Canada

This paper positions community seed saving (CSS) as collective knowledge and practices used to cultivate, collect, conserve, exchange, and advocate for regionally adapted seeds as a foundation of healthy and sustainable food systems. Qualita-

tive research involved twelve interviews with community seed savers in Thunder Bay, Canada. We explored the relationships to participants' health and wellbeing through themes of physical health, mental, emotional, and spiritual health, and relationships and reciprocity. The findings illustrate that CSS can directly benefit individuals and influence social and ecological determinants of health. We argue that public health should consider CSS a health promotion intervention and an important future direction for research.

Portinga, R. L. W., Levkoe, C. Z., Galway, L. P. (2024). [The contributions of community seed saving to health and wellbeing: A qualitative study in Thunder Bay, Canada](#). Wellbeing, Space, and Society (7).



Seed saving tour for community members in Northwestern Ontario, photo by Rachel Portinga

Harnessing food system equity from the ground up: shifting co-governance practices in the funding of food security responses during the pandemic crisis in Toronto, Canada

The COVID-19 pandemic was a disrupting force that magnified social inequities and service gaps in underserved urban communities. It was also a “window of opportunity” for the Black Lives Matter movement and Indigenous reconciliation synergies to spur calls to action for more open and inclusive dialogue regarding community food security. Increasingly, community-based organizations (CBOs) that have not been traditionally food-focused are becoming more involved in food security responses. These factors have offered space to revisit antiquated and exclusionary practices within resource allocation and decision-making processes that reinforce systems of oppression within the food system. We explore the interconnection between CBOs, municipal actors, and funders in Toronto and draw upon the concept of co-governance to unpack



their evolving relationships and influence on equity-focused change in policies and practices. Based on an analysis of interviews (n = 48), this paper articulates that a number of realized progressive, yet incremental, changes have been made, including changes to policies and internal practices and targeted support for Black and Indigenous communities. However,

ultimately, a transfer of resources and influence is required in order to achieve the broader goal of harnessing food system equity.

Regnier-Davies, J., & Edge, S. (2024). [Harnessing food system equity from the ground up: shifting co-governance practices in the funding of food security responses during the pandemic crisis in Toronto, Canada](#). *Food, Culture, & Society*, 1–23.

Housing, health equity, and global capitalist power: Migrant farmworkers in Canada

Health scholars are becoming increasingly attuned to the intimate ties between a person’s housing and their access to mental and physical health. However, existing models for understanding the link between housing and health equity do not adequately theorize why inequities arise and persist, who benefits from these social arrangements, and how they operate transnationally. How do domestic and global dynamics of political economy shape housing and health equity for migrant farmworkers? How can conceptual models of housing and health equity better account for political economy? Migrant worker housing provides a pertinent case for better conceptualizing these dynamics. Specifically, we draw on in-depth interviews conducted with 151 migrant workers in Ontario and BC. Participants’ housing and health concerns included issues such as overcrowding and barriers to health care due to a remote rural location. Our analysis identified three empirical themes: Precarity, Paternalism, and a lack of Political Participation. Drawing from these insights, we recommend a refined model of housing and health equity that keeps an analytical lens trained on global racial capitalism.

Weiler, A. M., & Caxaj, C. S. (2024). [Housing, health equity, and global capitalist power: Migrant farmworkers in Canada](#). *Social Science & Medicine*, 354, 117067.

Opinion: Why migrant workers are vulnerable to sub-standard housing that is harmful to their health

Opinion: [Workers in a recent study said they feel exploitable because complaining could cost them their jobs and lead to deportation and loss of future employment in Canada.](#) Anelyse Weiler, C. Susana Caxaj.

Migrants' Intersecting Experiences with Housing in Agriculture (MIHA)

We interviewed 151 migrant agricultural workers in Ontario and British Columbia about their housing conditions, and consulted with hundreds more.

Key Findings:

- Common Housing Concerns**
 - Isolation and lack of communication
 - Employer surveillance
 - Overcrowding and lack of privacy
 - Lack of recreational facilities
 - Insufficient storage space
 - Inadequate ventilation
 - Exposure to pests and hazards
 - Significant physical health threats
- Common Barriers to Reporting**
 - Precarious immigration status
 - Economic need
 - Fear of employer reprisal including being fired for making complaints
 - Lack of support and assistance from consulate and/or liaison representatives

Housing Concerns

"Please just do the right thing ... Giving someone a room because at least, you know, you deserve to have a bit of comfort. I mean, even if you think I'm not human, then I mean, give me a space so I can even [attend to my basic personal hygiene] properly."
Jamaican SAWP Worker

Desired Changes

- Unannounced housing inspections
- Off-farm housing
- Privacy & personal space
- Proper maintenance
- Adequate ventilation

Desired Changes

"I really believe that these people, that these inspectors, when they are going to check these places, I don't believe that they should give them a heads up that they are coming. Because they're just warning them to fix up because that is what they do every year."
Jamaican SAWP Worker

Barriers to Reporting

"Well, yes, that's what I would like, for us not to be silent, for us to ... [stop] really hiding the truth behind lies, for everyone to raise their voices and say that some of us live in terrible conditions; [some] more than others. And that we should not remain silent, but unfortunately sometimes we remain silent out of fear of the government of our countries, sometimes of not returning, sometimes of the program taking you away and no longer having the opportunity to return. They are fears."
Mexican SAWP Worker with Indigenous Ancestry

Questions? Contact us! +1-416-839-8467 scaxaj@uwo.ca farmworkerhousing.ca

Canadian Food Studies Journal Update

CFS/RCÉA Turns 10!

This year marked the 10th anniversary of the CAFS journal, Canadian Food Studies / La Revue canadienne des études sur l'alimentation. In addition to working with several archives and repositories in 2024, the Management Team has also made full issues available as PDF downloads. Over the coming months, look for announcements about other updates and developments. Here, we share an lightly modified excerpt from our editorial in issue 11(2), along with a link to the full text:

This year we celebrate a decade of Canadian Food Studies / La Revue canadienne des études sur l'alimentation, having published our first issue in May 2014. The journal was established by CAFS because there was a desire to publish transdisciplinary food studies research that reflected the work being done in Canada and on Indigenous territories. There was also a recognition of an increase in scholarly gatekeeping (e.g., journals with paywalls generating profit from publicly funded academic research) and the growth of open access platforms with inordinately high publishing fees. CAFS/ACÉA wanted to publish differently.

For its first few years, the journal was led by Editor-in-Chief Ellen Desjardins, Associate Editors Phil Mount, David Szanto, and Rod MacRae, and Managing Editor Wesley Tourangeau. The team worked tirelessly to establish and evolve the journal and maintain a commitment to the CAFS scholarly community, despite operating with minimal resources. Today, we write this commentary as three co-Editors-in-Chief and two co-Managing Editors, who remain committed

to the values and space our journal holds. As we enter our tenth year, we look back across the history of the journal and towards its future.

[Read the full editorial.](#)

Vol. 11 No. 2 (2024): The Ten-Year Anniversary Issue

Editorial

[Reflecting on a decade of Canadian food studies](#)

Rachel Engler-Stringer, Laurence Godin, Charles Z. Levkoe, Alexia Moyer, David Szanto

Commentaries

[Urgency to secure funding for the promised national school food program amidst the rise of food costs and chronic disease](#)

Flora Zhang, Amberley T. Ruetz, Eric Ng

Perspectives

[Reimagining recipes for food studies: Enriching—not spoiling—the broth](#)

Stephanie Chartrand, Laurence Hamel-Charest, Raihan Hassen, Anson Hunt, noura nasser, Kelsey Speakman, David Szanto

Field Report / Narrative

[Un-learning and re-learning: Reflections on relationality, urban berry foraging, and settler research uncertainties](#)

Alissa Overend, Ronak Rai

Review Article

[From greedy grocers to carbon taxes and everything in between: What do we think we know about food prices in Canada and how strong is the evidence?](#)

Brian Pentz, Taylor Ehrlick, Ryan Katz-Rosene, Philip A Loring

Research Articles

[Sovereignty of and through food: A decolonial feminist political ecology of Indigenous food sovereignty in Treaty 9](#)

Keira A. Loukes

[Negotiating farm femininity in agricultural leadership](#)

Jennifer Braun, Ken Caine, Mary Anne Beckie

[Can historians order off the menu?: A method for historical menu analysis](#)

Koby Song-Nichols

[A review of food asset maps in Canada](#)

Belinda Li, Tammara Soma, Raghava Payment, Srishti Kumar, Nicole Anderson, Flora Xu, Phonpoom Pienstienkul

[Balancing acts: Unpacking mothers' experiences and meanings of school lunch packing](#)

Seri Niimi-Burch, Jennifer Black

Book/Art/Event Review

[Review of Growing and Eating Sustainably: Agroecology in Action](#)

Richard S. Bloomfield

The Choux Questionnaire

[The CFS Choux Questionnaire](#)

Greg de St. Maurice



CONGRATULATIONS

This year we celebrate a decade of Canadian Food Studies / La Revue canadienne des études sur l'alimentation (CFS/RCÉA), having published our first issue in May 2014. One of our celebrations was a book giveaway on social media. Participants named their favourite CFS/RCÉA article to enter a draw.

Congratulations to Casey! Casey has won this collection of Food Studies books:

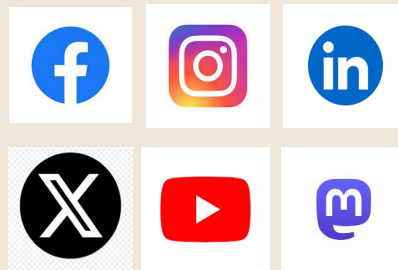
Mrs. Dalgairns' Kitchen Rediscovering "The Practice of Cookery" Edited by Mary F. Williamson
The Great Gelatin Revival Savory Aspics, Jiggly Shots, & Outrageous Desserts, by Ken Albala
Canadian Culinary Imaginations Edited by Shelly Boyd and Dorothy Barenscott
Joyfull More than 125 Plant-Based Recipes Cook Effortlessly, Eat Freely, Live Radiantly (A Cookbook) by Radhi Devlukia-Shetty
Eating Like a Mennonite Food and Community across Borders by Marlene Epp

Thank you to all who participated by sharing the Canadian Food Studies articles that changed and challenged them!

Casey found the article "[Reformist, progressive, radical: The case for an inclusive alliance](#)" by Janet Elizabeth Poppendieck compelling!



CONNECT WITH CAFS ON SOCIAL MEDIA



DE L'ÉQUIPE DE L'INFOLETTRE
FROM THE NEWSLETTER TEAM

Thank you to everyone who contributed to this issue of the newsletter.

Best Regards,
Michelle Ryan PhD