



Table Talk

the Play with Your Food newsletter

March 2025

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PwYF 24-Hour Event

Saturday, March 22 at 10 am
to Sunday, March 23 at 10 am

Final Date for Donations for
2024-2025 Campaign
Monday, March 31

DID YOU KNOW?

The 2025 Online Auction set the record for the most items (314) and for the most money raised in a Play with Your Food Auction with \$12,223!

PwYF Helping Hand (\$250+)

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How to Prepare for the 24-Hour Event

Whether this is your first time participating or your tenth, it is important to properly prepare for the grueling "play-athlon" of gaming that you are about to endure. Here are some tips for making the most of your time!

- Bring lots of healthy snacks and drink lots of water. Sure, bring some junk food along as well, but focus on preparing snacks like fruit, veggies, and nuts that will give you lots of energy without the sugar rush!
- Limit the number of games you bring. Sure, 24 hours (or even 12 hours, for that matter) might seem like a long time to play, but it goes by very quickly. Bring a few options with you, but don't worry - there will be lots of games there to play, and many people willing to teach you if you don't know the game!
- Take breaks and walk around between games. Try to get outside at least once every few hours.
- Meet some new people and make some new friends. One of the best aspects of an event like this is having the opportunity to play with people you don't know.
- Be strategic about the games you play after midnight. You may want to choose games that are more cooperative or less intense, or dexterity games that force you to get up and move around.
- Don't overplan your day. It's great to schedule in a few games - especially one of those epic 4-hour games you never get to play - but leave some space and don't plan ahead for every single minute of your time.
- Dress in layers. It'll probably be warm in the gaming space for most of the day, but you'll be happy for the extra warmth when there are fewer bodies in the middle of the night.



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When in Rome...Play like the Romans do!

Sure, Julius Caesar may have been warned to “beware the Ides of March” (March 15), but there’s no reason to avoid these games set in Ancient Rome.

After all, as Marc Antony once said, “Friends, Romans, countrymen...lend me your games!”

German designer Stefan Feld has released five games set in Ancient Rome, but Trajan is the best. It features Feld’s “point salad” approach to scoring, but with a fascinating mancala mechanism.



Fall of Rome uses the basic mechanics of Pandemic with a few tweaks for the historical setting. Instead of deadly viruses, Huns, Franks, and Ostrogoths present an existential threat to the known world.



Glory to Rome is almost impossible to find, but its quirky cardplay and artwork, as well as its use of multi-type cards make it worth the hunt!

Concordia is a modern classic that includes 14 different mechanics (including deck building) as you expand your network throughout Rome. The cards determine your actions and your score!



Foundations of Rome is the one of the most beautiful games released in recent years, but its city-building gameplay holds up as a great entry-level family-style game.

Sponsors (Cont.)

Avidity Salon and Spa
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Toronto Blue Jays

Meeples in your Neighbourhood By Carmen Pauls Orthner

Jason Vanstone (*PwYF Team: The Sinister Six*)

Curious as to how a biologist became a board gamer? Blame the zombies.

Jason Vanstone is a leader with Play with Your Food as the Social Media Coordinator. He’s clearly a smart, creative, out-of-the-box thinker – and if this was a zombie apocalypse movie, he’d be right on the frontlines. Instead, he’s on the frontlines of helping to solve complex issues in entirely different ways in his professional and personal life.



Jason spends his working hours as a research scientist with the Saskatchewan Health Authority, seeking to improve clinical care and the stewardship of the province’s health care resources. As to what fuels Jason up during his leisure time, we have to go back to the zombies – or rather, Zombies!!!

The 2002 restless dead-battling board game turned an innocent undergraduate into a devoted board gamer willing to work tirelessly to raise money for Carmichael Outreach, all in order to feel like a zombie himself after 24 consecutive hours of board gaming.

[Read more of Jason’s story here!](#)

Play with Your Food: by the numbers (as of March 13, 2025)

123 participants on 27 teams \$71,073 raised (118.46% of goal) 195 people at ChewsDay Challenge in February