



# **AMES CONFERENCE 2007 HOLIDAY INN, GUELPH, ONT.**

May 6- 9, 2007

**'COME GROW WITH US'**

**County of Wellington**



## Welcome to the County of Wellington

One of the first planned communities in Canada, Guelph was founded on St. George's Day, April 23, 1827. It was selected as the headquarters of the Canada Company, a British development firm, by its Canadian Superintendent John Galt.

Galt designed the town to resemble a European city centre and chose the name "Guelph" after the House of Guelph, the ancestral family of George IV, the reigning monarch, thus the nickname *The Royal City*.

### **DID YOU KNOW????**

Famous current and former Guelphites include WWI poet John McCrae, children's author Robert Munsch, novelist Jean Little, Group of Seven artist A. J. Casson, cartoonists Brian Fray, Seth and Jay Stephens, singer-songwriter Jane Siberry and actress Neve Campbell.

We trust you will enjoy your stay with us and get a chance to explore a bit of the County and the City of Guelph.

### **SOME WEBSITES TO CHECK OUT:**

<http://guelph.ca/index.cfm>

City of Guelph

<http://www.county.wellington.on.ca/>

County of Wellington

<http://www.ichotelsgroup.com>

Holiday Inn (Guelph)

<http://www.ames.ca/>

A.M.E.S

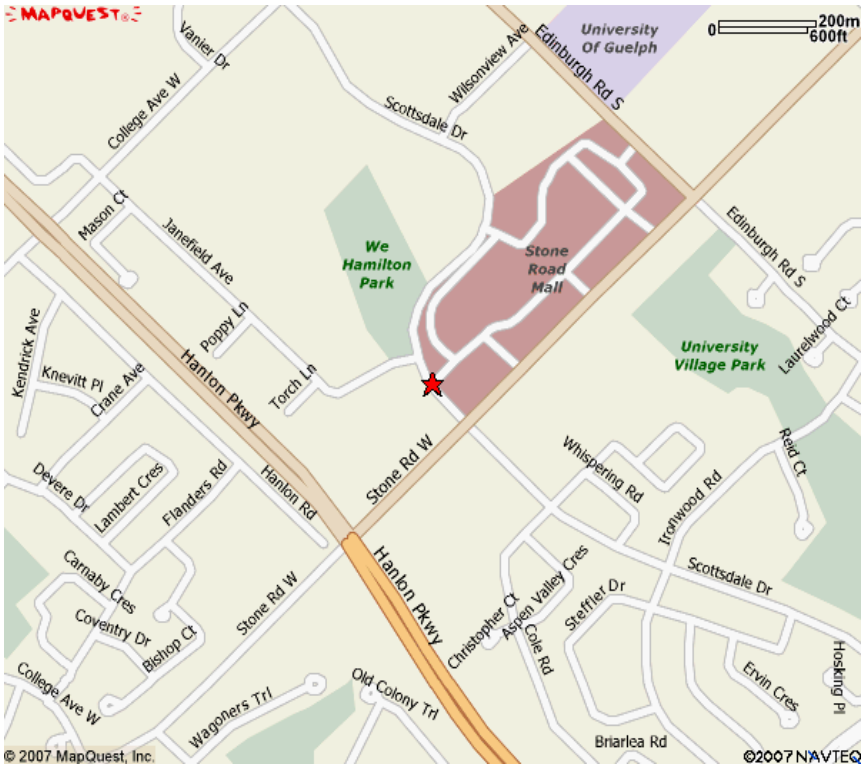
## Conference Location Information:

### **Holiday Inn GUELPH**

601 SCOTTSDALE DR, GUELPH, ON N1G3E7 CANADA  
Hotel Front Desk: 1-519-8360231

Please call Holiday Inn for Reservations.

Room Price (double occupancy): \$121.00/room/night



## CONFERENCE SCHEDULE

### Sunday May 6<sup>th</sup>, 2007

4:00 pm to 7:00 pm - Conference Registration at Holiday Inn  
(Trillium room)

7:00 pm to Midnight - Hospitality Room  
(Trillium room)

Featuring Musical Duo, ***Chalkline*** - the energetic music duo of John Brent and Ben Kempel will entertain as you unwind and do a little pre conference networking



\$3 drink donation. Light snack provided.

### Monday May 7<sup>th</sup>, 2007

7:30 am to 8:45 am - Hot Breakfast (Gazebos)  
*Please present your meal ticket.*

Registration continues in hotel lobby

9:00 am to 10:00 am - Official Opening and Welcoming Remarks  
(Oakwood room)

Conference Co- chairs:           Beth Langille, & Rodger Vokey  
President of A.M.E.S:           Carrie Avery  
County and City dignitaries

10:00 am to 10:15 am - Break (Oakwood room)

10:15 am to 12:00 pm

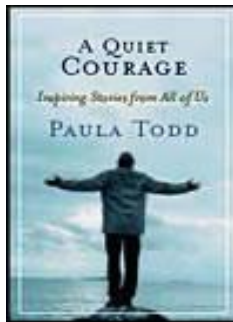


## **Keynote Speaker**

### **Paula Todd TVO Journalist – “A Quiet Courage”**

Paula Todd is a journalist, television host, lawyer, and author. She currently hosts and co-produces TVO's Paula Todd Person 2 Person, an in-depth interview program, which profiles citizens facing challenges in the political, social and cultural spheres. Paula Todd is the author of the best-selling *A Quiet Courage: Inspiring Stories from All of Us*, which explores the strength of the human spirit, and was the first non-fiction book in Canada to be featured as a BookShort documentary.

Question and answer session and Book Signing to follow.



<http://www.aquietcourage.com/>

Paula's Book "A Quiet Courage" will be for sale at the conference at a reduced price.

12:00 pm to 1:00 pm - Hot buffet lunch  
Served on *The Walkway*  
Seating in Oakwood room

1:00 pm to 4:00 pm

**Afternoon Workshops** - *Please indicate your choice on the registration form.*

1) **Best Practices Roundtable** (Oakwood Room A)

“What’s New With You?”

Participants:

1. Wellington County – Employment Services.
2. Municipality of Chatham-Kent
3. Lambton County Social Services – W.O.M.E.N. (Women on the Move to Employment Now)
4. Durham Region- Workability Coaching series.
5. York Region – Employment Connections

2) **Street & Party Drugs** (Oakwood room B)

Angela Rolleman, County of Wellington Addiction Services

What’s the difference between crack and cocaine? What exactly is “meth” and how would I know if someone is using it? What is the “newest” drug that people are using? These and other questions about street and party drugs will be answered in this workshop.



5:00 pm - 9:30 pm

**“Social Events”** – *Please indicate if you would like to attend on the registration form. Fee is payable at time of registration.*

**“Feasts and Phantoms in the Royal City”**

A night to dine at some of Guelph’s most popular restaurants and see some of the city’s key historical figures come to life!  
\$ 35.00 per person. Maximum 40 people. Bus transportation included.



OR

Choose discover the County of Wellington on your own. Options include:

**Grand River Slots and Raceway , Elora**

<http://www.grandriverraceway.com>

(See registration desk for directions and info)

**Shopping Downtown/Mall**

(See registration desk for directions and info)

8:00 to Midnight - Hospitality Suite - Holiday Inn

\$3 drink donation. Light snack provided



## **Tuesday May 8<sup>th</sup>, 2007**

7:30 am - 8:45 am – Breakfast (Gazebos)  
Registration continues in the Lobby

9:00 am - 11:45 am - Choice of 3 concurrent workshops:  
*Please indicate your choice of AM and PM workshops on your registration form:*

### **1) Managing Conflict**

Homewood Health Centre Wellness Presentations  
<http://www.homewood.org/healthcentre/main.php>

By fostering conflict management skills, we can improve workplace harmony and family relationships. This session provides insight into managing conflict by:

- identifying key conflict resolution strategies
- discussing when to use each strategy
- providing tips to manage negative emotions

### **2) Happiness is a Journey, Not the Destination – Neil Baldwin**



Countless books and self-help resources exist to advise people how to attain happiness. But many of these focus on happiness as an end goal, rather than a process, and as such get into far-flung and abstract concepts that, ironically, make happiness less real and therefore less attainable. No life-changing secret or miracles here but you will walk away with down-to-earth

simple ideas that almost anyone can start on at any time... no navel-gazing required! Learn ten practical, action-oriented, and immediately useful steps to living a happier life and have the opportunity to discuss with other delegates how to apply it to your work life and clients. Don't count the days, make every day count. Start living a happier life today.

(Neil Baldwin has a B.Sc. (Honours), in Psychology from U of T, an M.Ed. in counselling from OISE and has held the Canadian Counsellor Certification (C.C.C.) since 1991. He has been employed as a counsellor at Sheridan College since 1992)



### **3) Aids – Taking Action locally and globally**

Dr Anne Marie Zajdlik – The Masai Centre for Local, Regional and Global Health/Masai for Africa Campaign



[www.masaicentre.ca](http://www.masaicentre.ca)

As a family physician with specialties in Obstetrics and HIV/AIDS, Dr. Anne Marie Zajdlik was one of the first doctors in Guelph to provide care to

HIV/AIDS patients. Dr. Zajdlik is also the founder and director of the new Masai Centre for Local, Regional and Global Health, which provides comprehensive care to HIV-positive patients. The centre made a presentation to the Toronto World Aids Conference in August of last year. Zajdlik is spearheading a campaign to raise \$1 million to sustain an AIDS clinic in Lesotho, Africa -- the epicenter of the AIDS epidemic in Africa. She was the Guelph Mercury newspaper's 2005 female newsmaker of the year.

10:45 am - 11:00 am Break in each of the 3 rooms

12:00pm - 1:00 pm Hot buffet Lunch (Gazebos)



1:00 pm – 4:00 pm Choice of 3 concurrent workshops

1) **New Beginnings - Cyndy McLean**



<http://www.uoguelph.ca/hpc/index.shtml>

Director of the University Of Guelph Health and Performance Centre

In the summer of 2003, Cyndy McLean sustained a fall from a cliff of over 100 feet, suffering head and spinal cord injuries that left her a paraplegic and now Cyndy exemplifies that life-changing incident can offer new

beginnings. She is a National Ambassador for the Rick Hansen Man in Motion Foundation. A lifelong “outdoors enthusiast”, Cyndy has traded her favourite sport of marathon running for wheelchair tennis, while continuing to kayak, cycle and act as a running coach.

2) **Immigration Enforcement 101 – Klaudios Mustakis**

Klaudios is the Manager of Enforcement Operations of the Canada Border Service Agency and handles issues related to national security as well as illegal immigrants in Canada. The agency is part of a new Federal Department called Public Safety and Emergency Preparedness. In an interesting and interactive presentation he will explain his role and who they deal with and some of the documents that Permanent Residents, Canadian Citizens and foreign nationals use.

3) **Street & Party Drugs – Angela Rolleman**  
**County of Wellington Addiction Services**

What’s the difference between crack and cocaine? What exactly is “meth” and how would I know if someone is using it? What is the “newest” drug that people are using? These and other questions about street and party drugs will be answered in this workshop.

2:30 pm - 2:45 pm      Break in each of the 3 rooms



**AMES Conference Banquet**  
**6:00 PM – Midnight**

6:30 pm – 7:30 pm      Cocktails – Cash Bar  
Welcome, announcements and bursaries draw, prizes

7:30 pm                      Dinner  
8:30 pm                      Dance with music provided by DJ,  
*Musical Essence.*



## **Wednesday May 9<sup>th</sup> 2007**

7:30 am - 8:45 am Hot Breakfast  
(Gazebos)

9:00 am - 10:00 am AMES Annual General Meeting  
Election of incoming board members  
(Oakwood room)

10:00 am - 10:15 am Break

10:15 am to 11:45 am

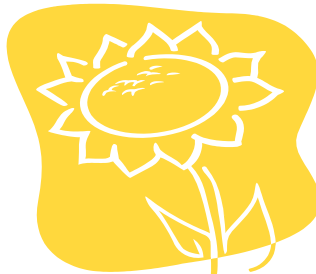
### **Closing Keynote Speaker - Dr Edgardo Perez, CEO and President, Homewood Health Centre**

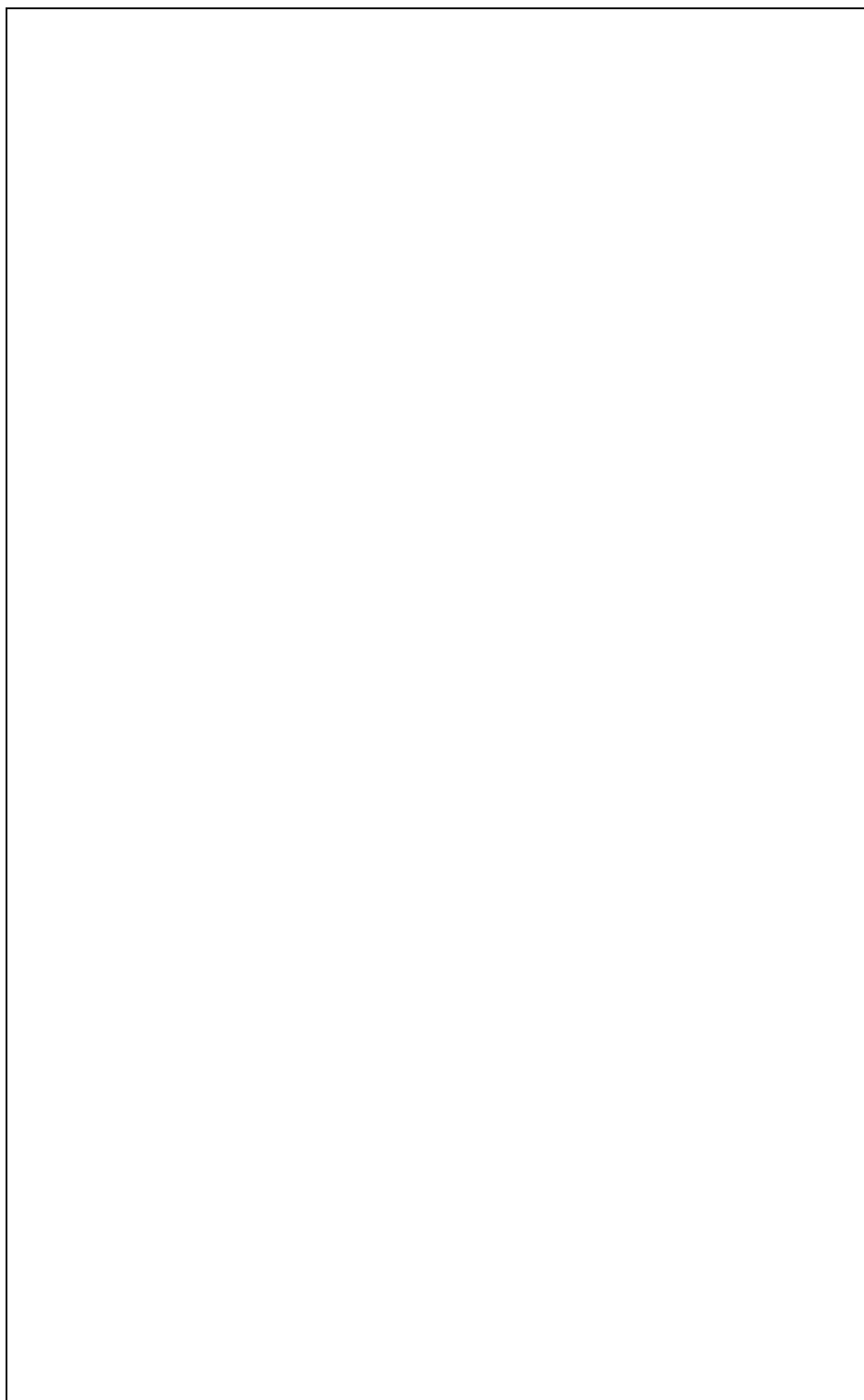


Edgardo Pérez, MD, is CEO and President of Homewood Corporation. Homewood began in 1883 and is today recognized as a leading provider of innovative treatment of mental health and addictions. Homewood is also a source for employers to ensure their workforce stays healthy thru their employee assistance programs. Dr. Perez is a popular keynote speaker for corporate and

organizational training programs, focusing on issues such as employee emotional well-being and its impact on organizational productivity.

12:00 pm to 12:15 pm Wrap up and Closing





This tremendous team of people put this conference together.  
Thanks everyone for your help.

**Local Organizing Committee:**

Blaine Burman  
Beth Langille  
Dorothy Meek  
Mimma Moore  
Lori Richer  
Karol Stortz  
Michael Simon  
RodgerVokey  
Lisa Wettlaufer  
Paula Zaludek



**AMES Board of Directors:**

Carrie Avery  
Donna Cain  
Anthony Haynes  
Irene Johnston  
Kelly Ladouceur  
Gayle Miner  
Jamie Moran  
Amy Nelson  
Rodger Vokey