

Agenda

November 1, 2014

4:00 to 9:00 pm

Time	Item	Presenter
3:45-4:00	Welcome	Glen, Ryan
4:10-4:55	Opening Plenary Session A Living Wage for Golden Water and Sewer Ain't Sexy...Until it Ain't	Corky Kerri <i>et. al.</i> Christina
4:55-5:00	Move	
5:00-6:00	Concurrent Sessions <i>2.A Great Hall</i> Glen's Famous Tour of the Civic Centre Brain Basics and Strategies to Support a Health Brain Lifestyle Awakening Community Asset Based Community Development The Columbia Wetlands Waterbird Survey (CWWS) <i>2.B Meeting Room</i> Meditation and Mindfulness – Why Should You Mind? Riverfront Golden Six Simple Substitutions for a Healthier You CPR & AED: The Chain of Survival MSD/MSM/ASS – A Provocative Story	Glen Monica Michelle Denise Rachel Dalia Ryan Dr. Erika Shauna Chuck
6:00-6:50	Plenary Session 5 Things You Can Start Today to Strengthen Your Community's Story Collaboration In Events	Matt Andrew
6:50-6:55	Move	
6:55-8:00	Concurrent Session <i>4.A Great Hall</i> Killer Cats: Should We Be Encouraging Free Range Cats? The Wisdom of the Tongue: Ayurvedic Tongue Diagnosis All I Need to Know I Learned from Outdoor Adventure A Risky Life <i>4.B Meeting Room</i> The Value of Project Management Customer Service with a Touch of Funny Support Your Local (Golden) Craft Brewery! The Golden Food Bank Society's Food Recovery Project Vital Signs: Working Together	Denise Scott Lynn Greg Carrie Lynne Kent Steph Nola
8:00-8:10	Break	
8:10-8:55	Closing Session – Leadership Panel Discussion With Mayoral & Area A Director Candidates + Matt, Andrew & Angela	Christina, Corky
8:55-9:00	Thank You	Ryan
9:00	Adjournment	

My Notes

Here are a few questions for you to reflect on and answer after taking in this evening's events. Use this form to take notes, solidify your new knowledge, and keep as a reminder of your experience at the event.

I had fun tonight:	Yes	No
The event was a good use of my time:	Yes	No
I learned:		
My favourite presentation was:		
Tonight, my suspicions were confirmed about:		
I was really surprised to hear:		
After hearing these speakers, I want to find out more about:		
Next week, I'm going to reach out to:		
I'd like to go for a beverage with:		
When I have a moment, I'm going to Google:		
If I had to give a presentation, I could speak about:		
I am going to borrow the following presentation technique:		
If there was another event, I would like to hear from:		