



2012 Brock University Employee Wellness Conference



Conference Guide

Overview

Registration

Registration opens June 4th at 1:00pm SHARP and closes June 12th at 4:30pm. **Have your employee number ready.** If your workshop has a material fee, it is payable online.

There are only 4 spaces available on the waitlist for each workshop. You will receive a paper or email confirmation if a spot becomes available.

Paper registration forms will only be accepted for those without daily access to a computer. Forms can be picked up in HR-EHS in ST1220. They will be processed on June 4 at 1:00pm in order of receipt. Be sure to make an alternate selection since sessions fill quickly.

Eligibility

All Brock employees who are covered by Brock benefits as of June 1, 2012 are eligible to attend.

CUPE 4207 members on benefits are also eligible. To check eligibility, go to the CUPE 4207 page on the conference website.

Brock employees who are not on benefits may attend with permission of their supervisor and a \$40 payment.

Employees from BUSU, Sodexo, Corps of Commissionaires, and other University-based contractors may register with a payment of \$40.

Charity Penny Sale

We have been collecting some great items for this year's Sale. Donations are still being accepted (drop off in HR-EHS ST1220). As selected by plenary speaker James Mandigo, all proceeds will go to RAFT and Brock Niagara Penguins.

Lunch



Lunch will be held in the Guernsey Market. Choose from:

- Rotisserie chicken with vegetables and a baked potato
- Mongolian grill stir-fry (beef or vegetarian)
- Deli sandwich with side of potato salad or chips
- Warm chicken, pecan and apple salad with goat cheese and a poppy seed dressing

**All served with a fountain drink and a selection of sliced fruit

**Must register for at least 2 hours of workshop to be eligible

Refreshment Coupon

This year, your refreshment coupon can be used at the following locations:

- Tim Hortons
- Guernsey Market
- Subcetera
- Common Grounds
- Starbucks



For more information on Wellness Day, visit:
www.brocku.ca/wellness-conference

Questions or comments?
Contact Ellyse Winter
ewinter2@brocku.ca or x3994

Workshop Session A:

10:00-11:00am

Advisor Advice

Mary Ann Major and Carey Kominetsky, Scotiabank

Limit: 25

Find out what you might be missing in managing your finances, including an understanding of critical elements like cash flow, budgeting and asset classes plus their role in setting and planning for medium and long term goals.

Archives Alive

David Sharron, James A. Gibson Library

Limit: 20

Visit Special Collections for a tour and introduction to the myriad resources on the War of 1812 that Brock is fortunate enough to own -- including letters, documents, newspapers, artifacts, books, pamphlets and more.

Cycle Zone

Eric Walter, Recreation Services

Limit: 18

Challenge yourself on the spin bikes with a series of drills to simulate aspects of an outdoor ride including sprints, climbs, jumps & flat road. Take it even further with tension! Athletic wear & shoes required, water bottle recommended.

Develop your Love Language

Thom Braun, Pastor, New Hope Church

Unlimited

What if you could say or do just the right thing guaranteed to make that someone feel special? The secret is learning the right language -- expressing feelings and bringing joy in 5 key ways: words of affirmation, quality time, receiving gifts, acts of service, and physical touch.

Elements of Design

Ginette Hunter, Feng Shui with Ginette

Unlimited

When surroundings nourish us, energy increases and we are empowered to achieve our goals. Learn to integrate the five elements essential to our health and become at one with nature.

Food Safety and Healthy Choices

Andre Laflamme and Janice Gardner-Spiece, Niagara Public Health

Limit: 50

Are you providing your family with safe and nutritious food? Learn purchasing, storage and preparation practices you can use daily plus healthy recipes that include the local bounty of fruits and vegetables.

For the Birds

John Black, Physics (retired)

Unlimited

Discover the health and fitness benefits of bird-watching. From filling backyard feeders to climbing mountains in Borneo, birders get physical as they search for 10,000+ species, but the rewards are emotional, spiritual and intellectual too.

Get the Dirt on Cleaning Green

Gerry Samyn, Rochester Midland

Limit: 20

Find out how traditional cleaning products can affect you and the environment - then learn how to make a difference and go green!

Hospital Hello

Gloria Kain, Niagara Health System

Unlimited

Join the NHS Chief Planning and Development Officer for a virtual tour and get an update on the plans and construction of Niagara's new "Health Complex and Walker Family Cancer Project."

Into the Future

Scott Johnstone, Manager, CFHBC

Limit: 20

Only 1 month since the opening -- be one of the first employees to tour the fantastic new "Cairns Family Health and Bioscience Research Complex" and get the inside scoop on the complexity and innovation incorporated into its design and a peek into Brock's dynamic future.

Join the Party!

Antonia Mantonakis, Recreation Services

Limit: 25

With >12M participants in over 125 countries, experience Zumba, the Latin-inspired dance-fitness program powered by red hot international music. Careful, it's contagious! Comfortable clothes, footwear and a water bottle recommended.

Life in the Fast Lane

Jeff Voth, Automotive and Travel journalist

Unlimited

Ever wondered what it would be like to drive 300km/h? Get a sense of driving the world's most exotic cars & hold on for exciting personal stories/videos, plus a special sneak preview of the new Travel TV show "Exhausted." Buckle up, it is going to be quite a ride!

Quick Knit

Margie Lizzotti, Recreation Services

Limit: 20

Make a ruffled scarf in no time -- you will love the final product! Plus it's a way to entice you back to your needles. Yarn provided, 8mm needles and some experience required. \$12 material fee.

"Squash" - Don't be a Vegetable

Curtis Gadula, Student Life and Community Experience

Jamie Fleming, Department of Residence

Limit: 8

Perfect for beginners: learn the basic rules from the "Nickerbrockers" then get onto the court and practice backhand, forehand, length shots, & even boasts! Finally, gear up for a friendly match.

Tai Chi

Xiao Xinfa, Confucius Institute

Limit: 35

Practice basic 'sets' of controlled movements from this ancient combination of yoga and meditation that can foster the circulation of 'chi' within the body. It will enhance your health, improve vitality and foster a calm and tranquil mind.

The Astonishing General

Wesley Turner, History (retired)

Unlimited

Learn about Brock's life, career, and the reasons he is still celebrated. Includes readings from the speaker's book: "The Astonishing General: The Life and Legacy of Sir Isaac Brock."

Tree Huggers and Nature Lovers

Douglas Kneale, Faculty of Humanities

Unlimited

English Romanticism (1789-1832) is often seen as the origin of today's ecological movement. Explore the art and writings of the period to discover what their nature-worshipping creators believed was the healing power of spirit in the landscape.

Understanding Home and Auto Insurance

Lesley Horne, HUB International Ontario Limited

Unlimited

Gain valuable information you should know about personal coverage, Ontario's accident benefits and no fault insurance, the consequences of "at fault" accidents and how to prevent claims. Presentation will be followed by a Q & A session.

Workshop Session B:

11:15am-12:15pm

Canine Persuasion

Lesley Sampson, Coyote Watch Canada

Limit: 50

Meet (virtually!) the Eastern Coyote, explore myths and realities, and ways to coexist, then start the shift from conflict to celebration of Niagara's wildlife diversity.

Dementia Decoded

Jo O'Brien, Alzheimer Society of Niagara

Unlimited

Understand how your brain functions and information gets processed. Then review the changes that can occur, discovering the main causes and symptoms of dementia. *Donation to Alzheimer Society appreciated.*

Five Things about Happiness

Michael Busseri, Psychology

Limit: 20

Most people aspire to live a happy and satisfying life. Find out what the latest scientific research has to say about reaching these goals. Bring along your 'thinking cap' and your questions!

Footcircles - Share the Passion

Jeff Voth and Melissa Wells, Footcircles

Unlimited

Travelling should be fun, meaningful and hopefully a lifelong opportunity. These popular bloggers will highlight items they've posted, share personal adventure experiences and provide a quick demonstration of how easy it is to publish your own story.

Go for a Dip

Shawn Lymburner and Amanda McMurtrie, Dining Services

Limit: 30

Summer will soon be here! Stimulate your palate and entertain your guests with tasty dips, spreads and salsas. Demonstrations, samples and recipes provided.

Into the Future

Scott Johnstone, Manager, CFHBRC

Limit: 20

Only 1 month since the opening -- be one of the first employees to tour the fantastic new "Cairns Family Health and Bioscience Research Complex" and get the inside scoop on the complexity and innovation incorporated into its design and a peek into Brock's dynamic future.

Kickstart your Bucket List

Brendan Barrett, Registrar's Office

Limit: 50

Traditionally a list of things you'd like to do before you die, or "kick the bucket." Learn the ins and outs of creating your own, and how it can be used as a tool for discovering/fostering what is most important to you in your life.

Let's Get Running!

Emily Allan, Varsity Cross Country Coach

Limit: 20

Want to put the fun in your run? Whether you're a beginner or a seasoned runner, benefit from a discussion of running fundamentals while participating in a group warm-up, drills, etc. Athletic clothing, running shoes and a water bottle required.

Life and Times: Laura Ingersoll Secord

David F. Hemmings

Unlimited

Discover historical details of Laura's life and her 32km walk to warn the British, find out about recent DNA analysis to match existing locks of hair plus prepare for the 1812 bicentenary celebration of Laura's courageous walk into the history of Canada.

Love Yourself and Heal your Life

Darcy Burkhardt, Exactly As You Are

Unlimited

Self-esteem has a direct influence on your health and well-being. Learn techniques for mind and body that will enable you to reduce feelings of stress and increase balance and peacefulness.

Maximize your Mobile

Steve Biederman, ITS

Unlimited

Given how fast technology changes, it can be difficult to keep on top of the latest enhancements to your electronic mobile devices. Brock's in-house experts will guide Blackberry, Playbook, iPhone and iPad users through the newest features and additional functionalities of those devices. Bring along your "hardware" to see what it is able to do for you!

Roll Call

Betty-Lou Souter, Community Care

Unlimited

Gain insight into the role of the volunteer within our society, the diverse opportunities available in the community and the significant benefits you can reap by making a difference in the lives of others.

RowSpin

Peter Somerwil, Brock Athletics

Limit: 15

Rowing is a great sport to challenge your whole body while having fun at the same time! Learn how to use Brock's rowing machines and take part in a RowSpin class. Come prepared with athletic shoes and workout clothing.

"Squash" - Don't be a Vegetable

Curtis Gadula, Student Life and Community Experience

Jamie Fleming, Department of Residence

Limit: 8

Perfect for beginners: learn the basic rules then get onto the court and practice backhand, forehand, length shots, & even boasts! Finally, gear up for a friendly match.

The Art of Tea

Elizabeth Ye, Confucius Institute

Limit: 20

China has a long history of harvesting the leaves from tea trees. Discover the origin of tea as a beverage and its medicinal healing properties. Observe traditional preparation rituals, then sample different types -- Ah!



Workshop Session A/B: 10:00am-12:15pm

Annual Try a Tri

Karl Thorp, Campus Security
Unlimited

Ever thought of doing a triathlon? Enter individually or as a team of 2 or 3 and give it a try. The event consists of a 100m or 400m swim, followed by a 12.4 km bike ride and ending with a 3km run, walk (or crawl if necessary). You can do it!

Brock Cares Half-Day of Service

Sabrina Parrotta, Student Life and Community Experience
Limit: 6

Looking to give back to the community but can only spare a couple of hours? Try the on-campus half-day of service option. Participants will help with the annual Try a Tri event. Thanks for spending part of your day making someone else's day!

CPR/AED Overview

Gary Hicks
Limit: 15

CPR and AED's save lives! Brush up on the Cardio Pulmonary Respiration technique and review the operation of an Automatic External Defibrillator.

Facebook Privacy

Jocelyn Titone, Marketing and Communications
Limit: 10

With >850M users, Facebook is the #1 social networking site in the world and it can be difficult to keep up with changing policies. Learn to control access to your profile and posts, the difference in privacy settings for minors and the distinction between deactivating and deleting an account. Facebook account required.

Glass Painting

Beverly Sneath
Limit: 20

Show off your artistic skills by painting a beautiful crystal wine glass. The perfect gift for yourself or others. *\$15 material fee.*

Grow it, Know it

Omar Mosquera, DIG
Tikvah Mindorff, Political Science
Limit: 20

Discuss our current food chain and find out how easy (and great) it is to grow your own. Visit Brock's new communal Garden, get some samples and discover how gardening benefits the environment and enhances health & fitness- a win/win combination. *\$3 plant fee.*

Guitar Basics

Carly Manley
Unlimited

Dust off your old (or rarely used) 6 string and learn the basics to be able to play scales and strum chords for simple songs. Practice materials provided so you can serenade at the campfire in no time.

In His Last Steps

Renee Lafferty, History
Limit: 44

Visit historic Queenston Heights to view the village and the Secord Homestead plus learn about the famous battle. Hike up the Heights and see the monument to Alphonse, Brock's mythical horse. Bring comfortable clothes, sturdy shoes, a hat & a water bottle.

Interviewing for Both Sides of the Table

Amy Elder and Kara Hammond, Career Services
Limit: 25

Learn about effective interview strategies and formats for personal development and for use when hiring student staff. Learn about interactive tools and resources available through Career Services and pick up tips to ask/answer common questions and respond/optimize group, panel, or one-on-one interviews.

It's as Natural as . . .

Diana Bridges, Bridges to Wellness
Limit: 20

Although oxygen is the single most important element needed for our survival, we are seldom taught ways to maximize 'dose' through effective breathing. Explore the anatomy of in/exhalation and learn how to use breath as a relaxation tool.

Japanese Swordsmanship

Chris Sora, Recreation Services
Limit: 20

Iaido (ee-eye-doh) is a 400 year old martial art practiced by the samurai. Using a wooden model, review concepts related to mind, body and spirit, sword etiquette, meditation, cutting techniques and katas. Be sure to wear loose fitting clothing (no dresses or skirts).

Knowing the 'Other' through Colour

Diane Brown
Limit: 20

Begin to think about 'colour' as a messenger of deep silence. Explore the meaning behind 'inner colours', how colour can be a voice of the soul and the way painting can unblock and support healing. Explore your relationship with colour by practicing simple watercolour exercises. *\$7 material fee.*

Nature Walk around Brock

Marcie Jacklin, James A. Gibson Library
Limit: 22

Take a leisurely stroll around Brock's environmentally diverse property including the Niagara Escarpment up to the edge of Lake Gibson. The session is enriched by the knowledge and enthusiasm of this amateur bird watcher and nature enthusiast. Don't forget your walking shoes, hat and water!

Putters Up

Jon Blomme, St. Catharines Golf & Country Club
Colin Parker, Recreation Services
Limit: 20

For enthusiasts of all levels. Visit the Club, practice on the driving range then take part in a 3 hole short course. Learn basic fundamentals plus tips on fitness and nutrition. Bring along a great attitude and a desire to hit it like a pro! Smart casual golf wear please (no jeans).

The Many Lives of Mildred Pierce

Christie Milliken, Communications, Popular Culture and Film
Unlimited

Discover the story of a middle-class housewife's attempt to maintain her social position and that of her family during the Great Depression by comparing the James Cain novel, the 1945 film and the recent HBO adaptation.

The Power of Play

Joe Norris, Dramatic Arts
Limit: 25

Discover the importance of play in one's life and work. Engage in a variety of fun drama orientation games that gently challenge the mind, body and spirit as you collectively re-live the wonder and awe of the child within. Come and experience the unique joy of playfully interacting with others.

Tour of Rodman Hall: Gallery and Gardens

Stuart Reid, Rodman Hall Art Centre
John Dick, Facilities Management
Limit: 20

To commemorate the bicentennial of the War of 1812, Barbara Klunder has created an exhibition which provides a fresh telling of Laura Secord's place in Canadian history. Tour the gallery, then discover the treasures of the beautiful Walker Botanical Gardens.

Workshop Session A/B/C/D: 10:00am-3:30pm

Brock Cares Day of Service

Sabrina Parrotta, Student Life and Community Experience
Unlimited

Ready to spend your day making a difference? Try the off-campus volunteer opportunity to feel the synergy of giving back. We thank you already. A choice of community caring options will be given upon registration. Boxed lunches are provided.



Workshop Session C: 1:15-2:15pm

CAREpath Cancer Care Assistance Program

Don Thomson, SOS Resource Group
Unlimited

Now available through the university's LTD plan. Learn how insured members and their families can get the emotional and medical support they need in order to deal with the challenges of a cancer diagnosis, its treatment, and the many issues arising therefrom.

Getting Started: Buying/Using your Bike

Ted Higgins, BikeNiagara
Unlimited

Learn how to select a bike that is right for your goals, physical capacity and budget. Find out what equipment you will need to get started, expenses to expect later and key factors for effective cycling.

Good Grapes, Great Wine

Ed Hughes, Niagara Cuisine
Unlimited

Review and compare conventional, organic and biodynamic grape growing techniques. Learn how to make informed decisions about these styles of viticulture and their development in the context of your own backyard, or when purchasing wine.

How the Other Half Lives

Tammy Brown and Cindy Chernish, Department of Residence
Unlimited

Did you know that our residences are home to 2389 different students every year? See where the majority of newcomers spend their first year at Brock and gain a better understanding of the lives of our primary customers in the process.

InDesign Basics

Aldo Parrotta, Graphic Design Instructor
Limit: 20

Need to create flyers, brochures, posters, or newsletters? Learn Adobe InDesign in under an hour and take away quick and effective tips, helpful hints and great design ideas. For those getting started or looking to optimize their use of this important graphic tool.

Join the Party!

Victoria Bonato, AVY Studio
Limit: 25

With >12M participants in over 125 countries, experience Zumba, the Latin-inspired dance-fitness program powered by red hot international music. Careful, it's contagious! Comfortable clothes, footwear and a water bottle recommended.

Niagara Bound

Lezlie Harper Wells, Niagara Bound Tours
Unlimited

Gain a unique insight into the migration of Afro-Americans as they settled in southern Ontario to escape slavery in the 19th century. Includes a virtual tour of local sites that played a key role in the experiences of those forced to flee.

Penny-Wise

Tacey Atkinson and Crystal Steers, Brock Campus Store
Limit: 25

Seize the opportunity. Learn ways to find coupons and optimize their use. Plus tips on how to organize a deal binder for better results and maximum savings!

Research Revealed

Carrie Kelly, Research Services
Limit: 24

Learn about some of the cutting-edge research happening here on campus! Tour the Cool Climate Oenology and Viticulture Institute, the Center for Interactive Digital Arts & Humanities, or Dr. Stephen Cheung's Environmental Ergonomics lab in Applied Health Sciences.

Snorkeling Intro'

Dan Mandziuk, Dan's Dive Shop
Limit: 20

Choose the right gear, fit a snorkel and use fins for propulsion. Explore the pool underwater and practice surface dives. Learn proper techniques for relaxation and breathing. *\$7 material fee.*

Workplace Bullying 101

Lisa M. S. Barrow, OBHREE
Limit: 30

Review the characteristics of workplace bullying and ways it can affect the performance, health and well-being of those exposed. Get involved and discuss how best to prevent or address such problems and support targeted individuals.

Worldly Wise

Pamela Lof, Niagara Region Public Health
Unlimited

Planning a trip to lie on the sunny beaches of Central America, see the king of the jungle in Africa or help the orphan elephants in Thailand? Learn to avoid unpleasant souvenirs by anticipating and preventing risks to your health while travelling abroad.

Workshop Session D:

2:30-3:30pm

Chinese Knot Weaving

Elizabeth Ye, Confucius Institute

Limit: 20

Discover this ancient form of folk art using colorful string, neat handiwork and fine shapes. Learn basic patterns and methods, then choose your favorite colours to weave some knots and even complete a bracelet or necklace.

Conquer Portion Distortion

Diana Esposito, Nutrition and Wellness Coach

Unlimited

We all know the consequences of an unhealthy body composition. Understand the impact of portion sizing and visualize the ideal using food replica models, then discuss ways to successfully manage in a super-sized world.

Cycling Savvy

David Hunt and Gary Murphy, BikeNiagara

Limit: 30

Get an overview of BikeNiagara's Safe Cycling for Fun and Health Program. Learn critical safety principles, rules of the road and lane positioning in a variety of traffic situations.

Drum Fit

Jenna Lorusso, Applied Health Sciences

Unlimited

Suitable and fun for all ages & abilities: drum to music on stability balls. Engage your entire body in this physical well-being experience and focus your mind on the absorbing task of following and creating rhythm.

Five Things about Happiness

Dr. Michael Busseri, Psychology

Limit: 20

Most people aspire to live a happy and satisfying life. Find out what the latest scientific research has to say about reaching these goals. Bring along your 'thinking cap' and your questions!

For the Birds

John Black, Physics (retired)

Unlimited

Discover the health and fitness benefits of birdwatching. From filling backyard feeders to climbing mountains in Borneo, birders get physical as they search for >10K species but the rewards are emotional, spiritual and intellectual too.

InDesign Basics

Aldo Parrotta, Graphic Design Instructor

Limit: 20

Need to create flyers, brochures, posters, or newsletters? Learn Adobe InDesign in under an hour and take away quick and effective tips, helpful hints and great design ideas. For those getting started or looking to optimize their use of this important graphic tool.

Outdoor Bootcamp

Jane Lovett and Nick Beamish, Recreation Services

Limit: 12

A fresh approach to your summer workout! Get your body moving in the great outdoors with this series of high-energy fitness intervals. Fitness clothes & shoes plus a hat and water recommended.

Out of Country Travel Benefits

Robert Cross, Greenshield

Unlimited

Gain insight into the world of Travel Benefits in Brock's extended health including pre-trip assistance, how to use the network in the event of a medical emergency, what-if scenarios and the international claims process.

Scuba Intro'

Dan Mandziuk, Dan's Dive Shop

Limit: 20

Have you ever wondered what it's like to breathe underwater? Learn how to use scuba equipment in the shallow water of Brock's pool, and get a quick and easy introduction to what it takes to explore the underwater world. *\$15 material fee.*

Simple Strumming: Pick up the Ukulele

Adrian D'Avirro, Ukulele Instructor

Limit: 30

Listen to a live performance by this popular music therapist and re-discover the therapeutic nature of music. Find out how easy and beneficial it is to learn this simple instrument on your own. Tips & handouts supplied. Bring along a Uke if you have one.

Soul through Soil

Leslie Laan, Millennium Landscape

Limit: 20

Gardening is a pleasure and pastime that engages and enhances many of our senses and our psyche. Learn to slow down a little and re-connect with the natural rhythm of the landscape around you. Leave with some fun, simple and inexpensive ideas on how to create and enjoy a relaxing and pleasant atmosphere in your own backyard.

Wouldn't it be Great to be FeelingBetterNow®?

Mary Jane Handy-Zamudio

Unlimited

Discover a new mental and emotional health care program which provides easy to use tools to help with common challenges such as sadness, anxiety, depression, stress, low energy, poor concentration, etc. A valuable program, available free to you and your family as part of Brock's LTD plan.

Opening Plenary, SOS Theatre

"Walking the Talk", Professor James Mandigo

Immortalized by his famous last word, Sir Isaac Brock encouraged his troops to rise up and keep on going, despite his fatal wounds. And they did to great success, winning the battle and eventually the war. In the modern context, each of us must contribute our strengths and collectively promote a healthy society. In order to maximize the contribution we need to optimize our own well-being and work together to energize and inform those who come here. No small task - let's get started. Surgite!

Closing Plenary, SOS Theatre

"Petticoats, Boots, and Muskets", A Theatrical Performance

A rousing and fun theatrical presentation on the War of 1812 organized by the NOTL Museum and featuring current and past Brock students. Be prepared to laugh, learn and maybe even sing-along!

Workshop Session C/D:

1:15-3:30pm

Ancient Remedies

Diana Bridges, Bridges to Wellness

Michael Yu, MD, Acupuncturist

Unlimited

Review the history of Chinese Medicine and its key concepts and components including information about yin/yang theory, qigong, acupuncture and Chinese herbs. Review case studies from both a Western and Chinese medicinal approach.

Build-a-Sock-Monkey

Lisa Wilson, Math & Science/Science Stores

Limit: 25

Learn sock monkey lore, meet a few local monkeys and then make your own soft treasure. The perfect gift for children of all ages. Hand sewing ability, beige/weight thread, a sewing needle, small scissors, 2 eyes and 2 nose buttons required. Sock is provided. *\$5 material fee.*

Children's Mental Health: Issues and Challenges

Bill Helmeczi, Pathstone

Limit: 60

Over the past decade, there has been an increased interest in the mental health of children and youth. Understand the context and scope of the issue in terms of numbers, finances and societal impact. Then think about and discuss what more can be done.

Cover Letters and Resumes: Strategies that Work

Stephanie Sugamori, Business Career Development Office

Limit: 30

How many times have you applied to a job with no response to your application? If you want to get noticed and solicit an interview, come to learn effective strategies to sell yourself and market your skills to the target audience.

Discover your Inner Artist

Julie Snider, Local artist

Limit: 10

Make a Monoprint - by transferring an image to a piece of paper using watercolour paints. No previous experience is necessary. Bring a simple image (< 5" x 7") to transfer, or use one provided. *\$3 material fee.*

Game On!

Gary McDonnell, Electronics Shop

Limit: 32

Take part in a great piece of Canadian culture for kids of all ages...the Road Hockey Game! Some sticks can be provided for those who do not have them. Be sure to bring athletic shoes and water.

Getting to work Healthy, Wealthy and Green

Jason Hammond and Sharyl Spring, Niagara CarShare

Unlimited

Review sustainable transportation options such as carsharing, local and intercity transit, walking, cycling and carpooling. Optimize your commute to make the most efficient use of your time and money while reducing your impact on the environment.

Power Yoga

Darlene Berg, Political Science

Unlimited

This energetic and playful class has a strong emphasis on breath and allows students of all levels to be challenged together. Go with the flow to torch calories, tone, strengthen and rinse your body, clear your mind, and feel a sense of accomplishment and empowerment. Please bring a mat and water bottle and be prepared to SHINE!

Progressive Euchre Tournament

Heidi Klose, History

Virginia Wagg, Geography

Limit: 80

It's all in the cards! Come out and enjoy a little friendly competition during this fast paced card game in a tournament style. Have fun with old friends and new. Get ready to win with grace, lose with humour and have a great time regardless.

Putters Up

Jon Blomme, St. Catharines Golf & Country Club

Colin Parker, Recreation Services

Limit: 20

For enthusiasts of all levels. Visit the Club, practice on the driving range then take part in a 3 hole short course. Learn basic fundamentals plus tips on fitness and nutrition. Bring a great attitude and a desire to hit it like a pro! Smart casual golf wear please (no jeans).

Recess Revival

Adam Bylsma and Shannon Anderson, Recreation Services

Limit: 30

In elementary schools students "just play" whenever they get the chance. Revisit the fun and excitement by participating in a simple game of soccer baseball. Bring running shoes and a healthy dose of humour to recognize how little 'talent' is really needed to be a sport.

The War of 1812: A WNET film

TBA

Unlimited

Premiered at Brock in the fall of 2011, "The War of 1812" presents the conflict that shaped the destiny of our continent. With stunning re-enactments, evocative animation and the incisive commentary of key experts, view how a semi-forgotten war has become enshrined in our history.

Turntablism: The Art of the DJ

Marinko Jareb, The Disco Gallery and Mar Ink Co

Limit: 24

Travel to Rodman Hall and meet the artist who will explain and demystify dj equipment and techniques. You will even have a hands-on opportunity to explore the skills you learn. Get rockin'!

Walk 4 Miles in her Shoes

David F. Hemmings

Limit: 44

Hike Stage 5 of the Laura Secord Legacy Trail, from Rotary Park on Pelham Rd down to Twelve Mile Creek, over DeCew Creek, up the escarpment, past the back of Morningstar Mill, and beside Lake Moodie to Laura's destination at DeCew House -- with an optional walk back to Brock via the Bruce Trail. Distance: 6km. Be sure to bring water and good hiking footwear.