 **Minutes – general meeting**

# LONDON COUNCIL FOR ADULT EDUCATION

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**Date:** September 10, 2013

**Place:** Stevenson Hunt Room, Central Library, London, ON

**Topic:** General Meeting, with speaker Marie-Claire Bilyk, Community Connections Developer, [Goodwill Industries Ontario Great Lakes](http://ca.linkedin.com/company/goodwill-industries-ontario-great-lakes?trk=ppro_cprof)

**Present:**

Kristen Caschera (LPL); Amanda Burdick (LLSC); Donna Moore (UWO/Toastmasters); Kym Wolfe (LMFRC); Nancy McQuillan (LEHC); Jane Ellyatt (City of London - OW); Beverley Payne (TVDSB); Carolyn Young (UWO CS); Trish Taft (CCLC); Laura Sherret (Contact North); Alice Brona (Independent); Colleen Kaloyanis (LPL); Ashley Patterson (WIL); Frances Shamley (EMOWPD); Michelle Cialacu (Francophone Community); Marie Claire Bilyk (Goodwill Ind.); Ann Walker (Independent); Monica Giorgini (Independent)

1. Amanda welcomed everyone to the first general meeting of the year.
2. Donna happily announced she had already received two donations today, and briefly mentioned how funds were used to support LCAE events such as the annual Awards Ceremony, and AGM, primarily. She asked everyone to update their contact information, etc. on the membership list.
3. Amanda clarified that this year LCAE general meetings would be held monthly, alternating locations between the Central Branch LPL, and Goodwill Career Centre. She asked if members could help sponsor refreshments such as water and cookies for meetings (under $20.00).
4. Ann introduced guest speaker, Marie Claire Bilyk to share insights on stress reduction techniques. A Canadian Paralympic swimming gold medalist, Marie Claire went on to obtain a Master’s degree in Nutrition, completing research on nutrition habits of the visually impaired and blind. After establishing her own business, Blossom Fitness & Nutrition, Marie Claire assumed the position of Community Engagement Coordinator at Goodwill.

Speaking notes: (Marie Claire’s presentation to be emailed to [lcaemembers@uwo.ca](mailto:lcaemembers@uwo.ca%3clcaemembers@uwo.ca).)

# While some stress can provide energy in getting things done, chronic stress leads to health issues which can become serious, causing sickness and disease. We are integrated with the environment and others around us. Stress affects us on 3 different levels - Body / Mind / Spirit.

Body – affected by food, movement and sleep

Food - some foods fight stress, including blood sugar stabilizers (protein, fiber & cinnamon); other foods invite stress due to stimulation of adrenal glands (caffeine, alcohol & sugar).

Movement - certain types of movement (“office friendly” stretching exercises) help to relieve stress by relaxing tight muscles and stimulating responses.

Sleep – our bodies clean up stress hormones during sleep

Mind – daily practice of ‘mindfulness’ reduces stress by clearing negative thought patterns and emotions. The way we focus our attention changes brain structures by strengthening connections. (5 elements of mindfulness: non-judging, non-reactive, staying in the moment, labeling internal experience with words, and observing self while experiencing a situation). Yoga is a good way to experience mindfulness.

Spirit – connecting with something bigger, “beyond ourselves”, by experiencing nature helps to stimulate mindfulness, and thereby reduces stress. A helpful website is “Relaxing Music with Pictures of Nature” [http://www.youtube.com/watch?v=0niI3FzCOH4](http://www.youtube.com/watch?v=0niI3FzCOH4%20)

1. Member Agency updates:

Trish Taft (Cross Cultural Learning Centre - CCLC) announced the agency’s launching of the International Cultural Competency Program

Colleen Kaloyanis (Central Branch LPL) introduced herself as the new Business Librarian at the LPL and is connecting with local employment service agencies as well as overseeing the monthly workshop “Searching for Work”, that the library offers.

Nancy McQuillan (London Employment Help Centre – LEHC) shared news of the soon to be launched (Sept 23) Youth Employment Fund “YEF”, which will assist youth aged 15 to 29 in obtaining career related employment experience.

Donna Moore (Toastmasters/UWO Student Success Centre) was pleased to say there was a 25% increase in the number of students attending this years’ orientation events for mature students at Western.

Carolyn Young (Western Continuing Studies) announced a new management studies program, “Introduction to Sustainability Leadership,” which ties in with Western’s plans for sustainability.

Beverly Payne (Wheable) stated the International Language Program started September 7. The Language in the Workplace Training Program will no longer be offered at “no cost”, but is still available, as well as the other specialty programs offered with co-op placements.

Ann Walker (LCAE Speaker Liaison) again thanked Marie Claire for her presentation, and gave a quick overview of topics at upcoming LCAE general meetings. Exact dates and topics will be posted shortly on the LCAE website for reference.

Ashley Patterson (WIL Employment Connections) indicated that the GED program at WIL is going very well with a good number of participating students.

Jane Ellyat (Ontario Works) announced that Anthony Wilson is the new manager, City of London Employment Services department. OW recipients attending full time secondary school studies will no longer have any deductions from part time employment earnings due to recent policy changes.

Michelle Cialacu (Francophone Community) announced that September 18 there will be an exhibit at Goodwill showing the work being done by individuals in the Francophone community.

Alice Brona (Independent) reminded everyone of the annual “Take Back the Night” march in support of violence against women, Thursday, September 12.

Kym Wolfe (London Military Family Resource Centre) announced the upcoming fundraising event for LMFRC, a concert Saturday, September 21 with Sara Smith and Deni Gauthier.

Marie Claire (Goodwill Industries) mentioned she is working on a draft proposal for the establishment of a Goodwill Employee Scholarship Initiative, and requested input from LCAE members regarding this. Amanda asked Marie Claire to specify what type of input would be helpful, in an email, which would be sent out to LCAE members, and any information collected would be forwarded on to her.

Amanda Burdick (Literacy Link South Central) thanked everyone present for attending.

Meeting adjourned 1:10 pm