

# Equinox for Women

Working Women Connecting with Our Communities: will provide women Trade unionists with a unique learning, networking and activist-building education at the Fairmont Jasper Lodge from January 27 to January 29, 2012. Delegates will hear from keynote speakers and panel on topical issues; and participate in educational and health and wellness workshops.

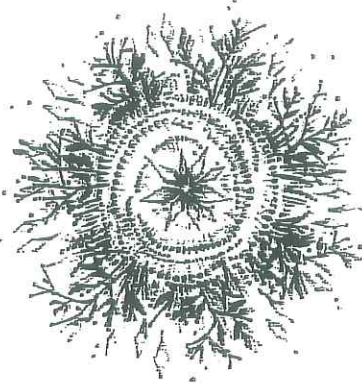
*Don't miss the first All Alberta Equinox for Women.*

The Calgary Local will be sponsoring 3 delegates to attend. You will be travelling by Greyhound bus on Friday and returning on Sunday. Applicants should be aware that the bus ride is long, leaving Calgary at 8 A.M. on Friday and arriving at 5:45 P.M. The return leaves at 1:P.M. and arrives in Calgary at 11:50 P.M. You will be booked off for the Friday but not the Monday.

Applications are available at the local union office.

The deadline to apply is January 17, 2012.

Zita Kane  
Secretary Treasurer



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# Working Women: Connecting with Our Communities

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**Register women unionists for this exciting Equinox educational weekend!**  
**When: January 27 – 29, 2012**  
**Where: Fairmont Jasper Park Lodge**

The CUPW Women's Committee and the AFL Women's Committee are co-sponsoring a weekend educational, "Working Women: Connecting with our Communities." For the past 10 years the CUPW Edmonton Women's Committee has sponsored an Equinox for their sisters and felt the time was right to expand the event to include sisters from all unions in Alberta. That's why the AFL Women's Committee is pleased to be working with them this year. "Working Women: Connecting with our Communities will provide women trade unionists with a unique learning, networking and activist-building educational at the Fairmont Jasper Park Lodge from January 27 to 29, 2012. Delegates will hear from keynote speakers and panels on topical issues; and participate in educational and health and wellness workshops. Don't miss this **first ALL ALBERTA Equinox for women.**

## **Friday, January 27, 2012**

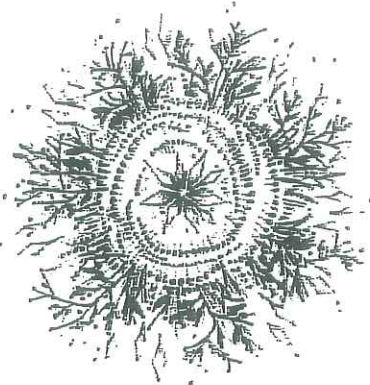
4:00 to 5:30 pm      Registration  
6:00 pm              Dinner  
7:00 pm              **Opening Plenary: Panel on Women in Leadership**  
*Heather Smith, UNA; Elisabeth Ballermann, HSAA; Bev Ray, CUPW-Edm.; Theresa McLaren, UFCW 401 and Grace Thostenson, UUWA*  
9:00 pm              Wine & Cheese Social – Spike Lounge

## **Saturday, January 28, 2012**

7:30 am              Breakfast  
8:30 – 10:00 am      Session 1 – Educational Workshops  
10:00 – 10:30 am      Coffee  
10:30 – Noon          Session 2 – Health and Wellness Workshops  
Noon                  Lunch  
12:30 pm              *Guest speakers: Nancy Furlong, AFL; Amanda Freistadt, CLC on the Art of Effective Hosting*  
1:30 – 3:00 pm          Session 3 – Educational Workshops  
3:00 – 3:30 pm          Coffee  
3:30 – 5:00 pm          Session 4 – Health and Wellness Workshops  
5:30 pm              Dinner & Speaker  
**FREE TIME**  
9:00 – 11:00 pm      Talent Evening – Spike Lounge

## **Sunday, January 29th**

8:30 am              Breakfast  
9:30 am              *Guest speaker: Sylvia Van Kirk, noted local author on women in the fur trade society*  
10:15 am -10:45 am      Coffee  
11:00 am              Closing Plenary Speaker: *Working Women; Maximizing our Potential & Moving Forward*  
Noon                  Bag lunches – SAFE JOURNEY HOME – SEE YOU NEXT YEAR!



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# Working Women: Connecting with Our Communities

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## Educational Plenary Sessions:

Women in Leadership

The Art of Effective Hosting

Women in the Fur Trade

Closing: Working Women: Maximizing our Potential & Moving Forward

Educational Workshops – select workshops in order of preference on the registration form. Workshops will run if they have minimum participation levels. You will participate in two educational workshops.

Violence Against Women

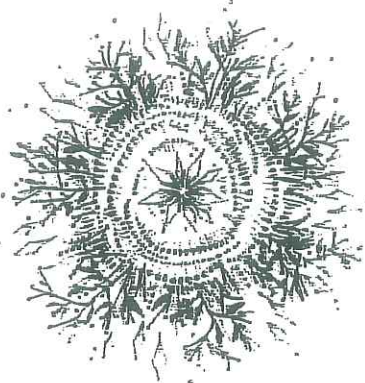
Social Media from a Young Workers' Perspective

Pride

## Health and Wellness Workshops

You will have the opportunity to attend two of three workshops.

- A) Nature Walk: Snow 101
- B) Yoga
- C) Treasure Hunt



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# Working Women Connecting with Our Communities

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## General Information

### Jasper Park Lodge Location & Park Passes

The Fairmont Jasper Park Lodge, a unionized facility, is located five kilometers east of the Town of Jasper on the south side of the Athabasca River in Jasper National Park. **Annual Park passes are \$67.70 per individual or group rate of \$136.40 per car (up to 7 individuals). Daily passes are \$9.80 (individual) and \$19.60 (car).**

### Hotel Check-in & Check-out Times

Check-in begins at 4:00 p.m. Check-out time is noon.

### Registration Time & Location

Registration will occur from 4:00 to 5:30 pm in the main lobby of the Fairmont Jasper Park Lodge.

### Scent-Free Environment

This is a scent-free environment. Please do not wear perfume or use scented soaps, body washes, lotions and hand creams.

### Costs NOT covered by Registration Fee

Delegates are responsible for their own incidentals. (telephone, internet, room service, laundry, etc.).

### What to Wear/What to Bring

Dress is casual. Please bring appropriate warm clothing for outside activities (toques, mitts, gloves, parkas, boots), bathing suit and workout clothes. Bring your musical instruments, playing cards and board games.

### On-site Recreational Facilities

The Lodge houses an outdoor heated pool, sauna, hot tub, games and weight rooms. Delegates will have access to these facilities (some fees may apply). Outdoor activities include cross country skiing, downhill skiing, ice skating, tobogganing and hiking. Outdoor activities will depend on weather conditions.

### Wine & Cheese Hospitality (Friday)

Friday evening there will be a Wine and Cheese social in the Spike Lounge (Golf Club). Bring along your card games and board games.

### TALENT NIGHT (Saturday evening)

Saturday evening is TALENT NIGHT at the Spike Lounge. Everyone is encouraged to come out and participate, have some fun and socialize and share your special "talent" with others. If your talent is musical, don't forget your instruments or music books. A talent does not have to be musical.

### Delegate Cancellation

If you are **unable to attend** it is your responsibility to **notify the AFL office no later than January 6, 2012. Cancellations after that date result in a \$100 cancellation fee.**

### Workshop Changes

If you wish to change workshops you may do so by contacting the office prior to January 6<sup>th</sup> or by asking at the time of registration out at the Lodge. Changes will only be made if there is room and if the change does not adversely affect the workshop you have chosen. No confirmation letters will be sent out.

### Timetable

Dinner follows registration at 6:00 pm on the opening night. A plenary session is held at 7:00 pm. Icebreaker starts at 9:00 pm in Spike Lounge and ends at 11:00 pm. Sessions are held from 8:30 am to 4:30 pm on Saturday and from 8:30 am to Noon on Sunday. Breakfast is at 7:30 am on Saturday and 8:30 am on Sunday.

### Delegate Conduct

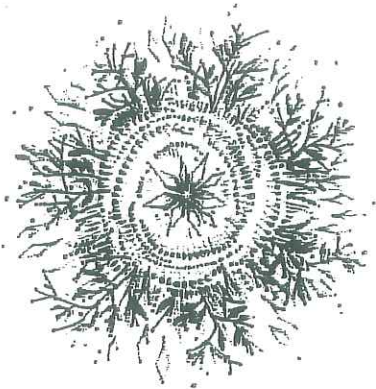
This is a supportive working and learning environment. This atmosphere is based on the principle of equity and respect. Behaviour that undermines the dignity or self-esteem of any individual is not acceptable.

## Union Information:

**Registration & Application form must be completed And received at the CUPW - Calgary Local Union office (#109 5621-11 street NE Calgary) or fax 403-295-0953 by January 17<sup>th</sup>, 2012**

Registration fee, transportation, & accommodation will be paid by the Union. The Union will also cover (CPC scheduled) lost wages for January 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup>, 2012. only.

See previous pages for more information or contact the CUPW Calgary Local Union office at 403-730-7018



# Working Women: Connecting with Our Communities

## 2012 Registration Form

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

UNION and LOCAL No. \_\_\_\_\_

Participant Mailing Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work/Cell: \_\_\_\_\_ Fax \_\_\_\_\_

### UNION MAILING ADDRESS:

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Union Phone: \_\_\_\_\_ Union Fax: \_\_\_\_\_ Email: \_\_\_\_\_

**EDUCATIONAL WORKSHOPS: SELECT YOUR TOP 3 CHOICES. EVERY ATTEMPT WILL BE MADE TO SECURE ONE OF YOUR FIRST THREE CHOICES.**

Social Media from a Young Workers' Perspective  
Choice #1: \_\_\_\_\_ Violence Against Women  
Choice #2: \_\_\_\_\_ Pride  
Choice #3: \_\_\_\_\_

### HEALTH AND WELLNESS WORKSHOPS: SELECT YOUR TOP 2 CHOICES.

A) Nature Walk: Snow 101 B) Yoga C) Treasure Hunt  
Choice #1: \_\_\_\_\_  
Choice #2: \_\_\_\_\_

### REGISTRATION/ACCOMMODATION AND OTHER FEES –

Deadline for Registrations – December 20<sup>th</sup>, 2011. All fees are based on package deals, no exceptions!

- Single \$590  Double \$490  
 If double accommodation, will share with:

Name: \_\_\_\_\_ Union: \_\_\_\_\_

**HOODIE SIZE:** Please CHECK the box for your size.

- Small  Medium  Large  X-Large