

In case you missed the great Workshops and Leaders



Pam Camp
Council 1
Cadencia Communicators

"Counting Down Without Blasting Off"

This workshop includes invaluable information on how to handle stress in today's anxious world. Whether you find yourself in a stressed-out cycle, or would like to understand why people act as they do when pushed to extremes, this workshop is for you. Find out why you should be a "transformer" in life (or have transformers working for you) rather than being a transmitter.



How to Improve and Use your Memory

Now.....Where did I put it?

An interactive workshop exploring memory, how to use it, how we lose it and what we can do to preserve it. So before you diagnose yourself with Alzheimer disease, do not despair. Experts tell us that some memory lapses are actually normal. Come along to this workshop and find out just how normal you really are.

Now...where was I?



Irene Laidley
ITC Parliamentarian



Lynn Harrison
Council 4
Acorn Club

"Fashion, Image and You"

This workshop is a continuation of the one Lynn presented at the Spring Training meeting in February 2009. Several of the attendees asked for more so Lynn is going to give us more. She will be discussing and demonstrating fashion and how it applies to us at work, home or play. She will be using volunteers from the audience. This is a must see workshop especially if you attended the previous one in Sacramento.



"How You Pack For Alaska"

Some tips on how to pack, a lot, in a little space, with minimal wrinkles and for many days. If you are planning to go on the Alaska cruise for International Convention, I hope you were there to get some pointers on packing your necessities.



Shirley Figenshu
Council 1
Sierra Lindas