


Wednesday - JANUARY 15, 2020		
4:00 - 7:00 pm	<b>Convention Registration</b> <i>Sponsored by Foster Park Brokers</i>	Convention Foyer
7:00 pm - 12:00 am	<b>Ice Breaker Event</b> <b>Hosted by The Managers' Association</b> Featuring Entertainment, Snacks, Networking <i>Sponsored by BASF</i>	Palisades/Logan Rooms
Thursday - JANUARY 16, 2020		
7:00 - 8:00 am	<b>Breakfast</b> <i>Sponsored by ATCO Energy &amp; Meridian</i>	Palisades/Logan Rooms
10:00- 12:00 pm	<b>Connect:</b>	Silver Birch Conference Centre
<ul style="list-style-type: none"> <li>• <b>Let JOY Be Your GPS: Darlene Schnidel</b> Our world today is full of busyness, stress, and high demands, not only in our jobs and workplaces but in our schools, communities and even our families. What if we were to be more vulnerable and choose joy, and not let fear and self-protection sneak in and rob us of a full life?</li> <li>• <b>De-coding the New Canada Food Guide: Brooke Hames</b> An insightful presentation on the ins and outs of Canada's Food New Guide and how you can make it applicable to your daily life.</li> </ul>		
12:00 – 1:30 pm	<b>Awards Luncheon</b> <i>Sponsored by Bayer Crop Science</i>	Palisades/Logan Rooms
1:30 – 4:00 pm	<b>Create:</b>	Silver Birch Conference Centre
 <p><b>Make your own "Rustic Sign" with Country Chic Custom Designs.</b> Upon registration, you will receive a link to COUNTRY CHIC DESIGNS Event Registration Page, where you enter your "coupon code." Once on the website, you will be able to select from over 150 different design templates, as well as from two sizes of signs. <b><i>(Please supply your email address with your registration)</i></b></p>		
6:00 - 8:00 pm	<b>Mayfield Dinner Theatre with Buffet Dinner</b>	<i>Sponsored by Syngenta</i>
8:00 pm	<b><u>Class of '63: A Rockin' Reunion</u></b>	<i>Refer to delegate agenda for details &amp; restrictions.</i>
FRIDAY – JANUARY 17, 2020		
7:00 - 8:00 am	<b>Breakfast</b> <i>Sponsored by Nexeed &amp; Farm Credit Canada</i>	Palisades/Logan Rooms
11:30 am	<b>KEYNOTE SPEAKER: Viviane Forest</b> <i>Sponsor To be Announced</i> <i>Please refer to delegate agenda for details on the keynote</i>	Robson/Rundle Rooms
12:45 pm	<b>Long Service Recognition Luncheon</b> <i>Sponsored by CS Welding</i>	Palisades/Logan Rooms

## Biographies:



### Brooke Hames:

•Brooke Hames is an organized professional who obtained her Bachelor of Science, focusing specifically on nutrition, wellness, and food science from the University of Alberta. Brooke comes from the small town of Marwayne, growing up on a grain farm where she first was exposed to food production at the grassroots level. She enjoys being active by participating in sports as a player and as a coach. Brooke's dream is to help foster happier, healthier communities throughout Alberta.

### Darlene Schwidel RN, MHS, CPC

Darlene is an Alberta Registered Nurse, having practiced in Neuroscience throughout her career. She has extensive experience in health care delivery, leadership, project planning, redesign and change management. Her master's degree is in Health Studies with a focus on Leadership, AND she is a Certified Professional Coach.

In 2013 Darlene received the Alberta Medical Association Medal of Honour, which is awarded each year to a non-physician for their contribution to healthcare in Alberta. Her strong belief is that only by thinking creatively and working collaboratively will we solve the problems of today for healthier futures tomorrow.

Darlene has taken her passion and enthusiasm for healthier lifestyles to numerous non-profits, various boards, and committees.

Some of her current work is as Health Champion for Edmonton with NSTEP (Nutrition Students Teachers Exercising with Parents), a Registered charity started right here in Alberta by Calgary teacher Deb Hymers.



### Carla Skibinsky



Carla Skibinsky is the owner & operator of Country Chic Custom Designs, as well as the instructor of farmhouse clock & sign workshops. Carla graduating with honours from NAITs graphic sign arts program has a wealth of knowledge with over 18 years sign making experience. Carla worked 14 years at Northlands running their signage department, which including overseeing the production of all signage for Northlands, including large events such as K-Days, CFR & Farmfair International.

Five years ago, Carla started Country Chic as a hobby making signs to sell at Markets in her spare time. In Feb. 2018 she opened a studio in Fort Saskatchewan, where she would teach her workshops out of. In June 2019, Carla grew her business by doubling the space and bringing in a variety of retail items as well as 30+ handmade local vendors, to go along with the continuing to grow workshops.