

LONDON COUNCIL FOR ADULT EDUCATION

Minutes of: LCAE General Meeting December 14, 2004

Present: Donna Moore (UWO, Toastmasters), Sheila Lupson (LCRC), Nancy McQuillan (LUHC), Lara Leitch, Tom Crouch (Nokee Kwe), Robin Rundle Drake (City of London), Carmen Sprovieri, Alice Brona (LACW), Heather Jeffrey (Hutton House), Dianne Rumney (TVDSB), Belinda Gorman, Bill Neville (LDCSB), Amy Thompson (LUHC), Sheila Linseman (WIL), Donna Smith, Patrick Smith (LDCSB), Anne Marie Curtin (LLSC)

Guest: **Becca Carroll, UWO**

Welcome and Introductions – Donna Moore

- Donna thanked everyone for coming to the LCAE meeting and welcomed them to the Monsignor Feeney Centre. A special welcome was extended to her colleagues from the Centre for New Students and our guest speaker. Patrick Smith was introduced to bring greetings from the Catholic School Board.
- Patrick welcomed everyone, noting that this meeting was particularly fitting as it was the last Christmas in this building (the Monsignor Feeney Catholic Education Centre on Elmwood Avenue).
- Donna introduced our guest speaker, Becca Carroll, Trainer of Student Leaders at Western. Becca presented “FISH! Catch the Energy. Release the Potential.”

Presentation:

- Becca provided everyone present with a handout, fish candies, and started the presentation with a warm-up exercise to set the mood.
- She then showed a video of the actual fish market in Seattle where the FISH idea originated.
- Becca reviewed the 4 simple steps to FISH:
 - 1) **Play** – energy, creativity, and productivity increase in a playful environment
 - 2) **Make Their Day** – small acts of kindness, lifting someone’s spirit
 - 3) **Be There** – fully present for each other, totally focused on person or task (ie, do not e-mail when speaking to someone on the phone)
 - 4) **Choosing Our Attitude** – decide to be positive, find the best in everything (Only YOU have the Power and Control)

- Becca encouraged story-telling throughout her presentation.
- Donna Smith thanked Becca, saying that her presentation was very timely since LCAE is coming into its 60th year in 2005 and we all need to have lots of energy and be very positive.

Announcements:

- Donna Moore asked if there were any announcements. Nancy McQuillan announced that the Help Centre was having its Christmas Open House December 15th from 11:00 a.m. – 2:00 p.m. and extended an invitation to everyone present.

Greetings from the Director:

- Joseph Rapai from the LDCSB joined us at the end of the meeting and welcomed us all to the Monsignor Feeney Centre. He also extended an invitation to LCAE to join them at their new center next year.

Donna Moore, on behalf of LCAE, thanked the Catholic School Board for the use of the fabulous facility and wished everyone in attendance a wonderful holiday season.

Meeting adjourned at 1:30 p.m. The Executive members were asked to remain for a quick meeting.