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L'association manitobaine des professeurs de français  
 Manitoba Association of Teachers of French  
**Apprendre le français à travers les arts**  
**Learning Through The Arts Part 2**  
 West Kildonan Collegiate, 101 Ridgecrest Street

**PROGRAM**

**08h00 à 8h30**

Inscription

**08h30 à 9h45**

Session A

**09h45 à 10h15**

Pause-santé

**10h15 à 11h30**

Session B

**11h30 à 11h45**

Assemblée générale annuelle  
 (foyer)

**11h45 à 12h30**

Dîner et salon des exposants  
 —Cost \$11.00

**12h30 à 13h45**

Session C

**13h50 à 15h00**

Session D

This year we are doing everything electronically. We ask that you bring a USB/jumpstick/flashdrive. The morning of SAGE you will be able to go to our website and download material from the presenters.

We are also trying to be more environmentally friendly and ask that you bring your own water/coffee containers. There will be water coolers on site.

Also new and exciting this year...we are offering a few leisure sessions that you can sign up for!

\*\* Prize Draws will be drawn and posted at 11h30 and 13h45 (must be present to win). Draw tickets will be in your folder with your receipt.

Sessions described in English will take place primarily in English or bilingually. Les ateliers dont la description est en français se présenteront dans cette langue ou seront bilingues.

There are four workshop sessions: « A & B » Morning and C & D » Afternoon Il y a quatre sessions d'atelier: « A et B » matin « C et D » après-midi

All sessions are a maximum of 30 participants unless otherwise noted.

Please note that you can sign up to view the exhibitors displays and also our leisure sessions instead of choosing another session.

**08h00 à 14h00**

**Salon des exposants**

**08h30 à 9h45**

**Ateliers « A »**

**A-01 How to Use StoryBook Creator Software to Create Digital Projects**

**Elaine Hepburn**

Looking for:

- New ways to use computer technology to create your class projects?
- Ways to have your students create projects using computer technology?
- New ideas to incorporate photos into projects?
- New fundraiser ideas?

This workshop will show you how to use the Creative Memories StoryBook Creator Plus 3.0 to combine photos and digital content to create tons of different things including posters, flyers, page prints and digital coffee table style

books. You will learn techniques to enhance photos with easy-to-use tools and how to use the finished product in your classroom or even use it as a fundraiser. Bring a thumb-drive memory stick with 20 pictures loaded on it, and you can use it to try out the free version of StoryBook Creator software to create your own digital book!

Elaine Hepburn has worked in the telecom and IT field for over 20 years and is an independent consultant with Creative Memories.

**Code:** A-01

**Levels/Niveaux:** tous

**A-02/ B-04/C-03**

**AIM Beginning**

**Tim Dittrick**

The AIM (Accelerative Integrated Method) using the Gesture Approach to teaching a second language will be presented and demonstrated. This session is an introductory session for those who know little about AIM and are interested in learning more about this revolutionary highly motivating approach to second language learning. This session will include the learning and practice of gestures you can use with your students on Monday!

Tim teaches in the Pembina Trails School Division.

**Code:** A-02/ B-04/C-03

**Levels/Niveaux:** tous

**A-03 Clay Sculptures (All Day Activity)**

**Tammy Harder**

Engage your students in a hands-on activity that has them building and sculpting clay statues! This cross curricular activity can be applied to any thematic

unit in Social Studies/Language Arts. No kiln is required. Come and build your own sculpture.

Tammy is a high school English and Social Studies teacher at West Kildonan Collegiate.

**Code:** A-03

**Levels/Niveaux:** 6–12

## **A-04 Chantons, bougeons, amusons-nous!**

**Arla Strauss, Susan Barton Hopfner**

Come and discover how you can integrate traditional folksongs into your Basic French classroom using the new support document *Chantons, bougeons, amusons-nous!* This session will provide you with strategies and tools to facilitate the integration of music in your teaching. Susan Barton Hopfner teaches K-6 students French and Music at Lt. Col. Barker V.C. School in Dauphin, Manitoba. Arla Strauss is a Basic French Consultant with the Bureau de l'éducation française.

**Code:** A-04

**Levels/Niveaux:** 4–8

## **A-05 Mask Making and Drama (All Day Activity)**

**Pam Odaguchi**

This session will be a lot of fun! You will learn how to make half-face plaster masks that can be used as a tool for dramatic scenes, monologues, character study. Please be sure to wear clothes that you won't mind getting plaster on as well as a hair band to pull your hair away from your face. If time permits we will also explore some fun, entertaining drama games. The afternoon session will be focused on designing and painting your mask to reflect the character you have chosen to represent the mask. Pam teaches French and Drama at West Kildonan Collegiate.

**Code:** A-05

**Levels/Niveaux:** 6–12

**Maximum participants:** 20

## **A-06 Students talking to students...in French!**

**John Erskine**

We all use language in a variety of contexts: to present ourselves, to work with

others and to gather information, to appreciate culture, etc. Learn how Nelson Explor-osité will help your Basic French students do this in French as they discover and engage with the world around them. You could win Nelson FSL resources.

John Erskine is currently a consultant with the Winnipeg 1 School Division and past president of CASLT.

**Code:** A-06

**Levels/Niveaux:** 4–8

## **A-07/B-01 Ceinture fléchée, tissage métais et voyageur**

**Carol James**

Expert weaver, Carol James, offers a multi-media presentation highlighting aspects of Canadian history, illustrated by real sashes. Weaving techniques are explored using real looms and 'finger-weaving.' Each participant leaves with a 'friendship bracelet' or 'bookmark'.

Carol James is a textile expert specializing in the technique known as finger-weaving, the method of construction in the *Voyageur* and *Métis Assomption Sash*. She is the author of the book *Fingerweaving Untangled*.

**Code:** A-07/B-01

**Level/ Niveaux:** tous

## **A-08/D-02 SPOONtanéité—un voyage musical dans la Francophonie**

**Greg Sametz**

Venez apprendre comment planifier une leçon basée sur les rythmes des pays de la francophonie autour du monde. Voyagez avec moi et soyez prêts à jouer les cuillères musicales.

A life-long member of MATE, Greg Sametz is recently retired from the Seven Oaks School Division and currently works with Internationally Educated teachers in the Faculty of Education at the University of Manitoba.

This is a bilingual workshop.

**Code:** A-08/D-02

**Levels/Niveaux:** tous

## **A-9/B-03**

### **Comic Life in French Class**

**Nora Heschuk**

Using *Comic Life* in your French class will allow you to tap into your students' creativity while assessing their comprehension and writing skills. By creating comic strips, students can highlight activities from a field trip, re-tell a story, show and explain the steps involved in making or doing something, share an experience..., and anything else that you can think of. In this workshop, you will learn how to create a *Comic Life* comic. Once you turn this tool over to your students, sit back and enjoy the fun!

Nora Heschuk teaches grades 7–12 Basic French in Neepawa.

**Code:** A-9/B-03

**Levels/Niveaux:** 4–12

## **A-10/C-14 Tea Cup Reading**

**Jane Hebden**

Learn how to read the tea cup and how the tradition began. Jane Hebden has been reading and teaching tea cup reading for many years.

**Code:** A-10/C-14

**Levels/Niveaux:** tous

## **A-11/B-08/C-11**

### **Exhibitors Displays**

(Can be signed up as a session)

**Levels/Niveaux:** tous

## **A-12 Oui... Les arts dramatiques!**

**Carole Bonin**

The theme of this workshop is *Les arts dramatiques* dans l'enseignement du Français de base, and this session will incorporate:

- La mise en scène d'une saynète thématique
- L'exploitation d'un livre - activité de post-lecture qui intègre les arts dramatique
- Le message du jour (le rap, les émotions, le chant)

Explicit reading instruction strategies will be examined along with assessment and evaluation including strategies for student reflection. This session is appropriate for Basic French and for Intensive

French and Enhanced French. Carole is a Basic French Consultant at both the Bureau de l'éducation française and in the Louis Riel School Division.

**Code:** A-12 **Levels/Niveaux:** 4–8

## 10h15 à 11h30

### Ateliers « B »

#### **B-01 Ceinture fléchée, tissage métais et Voyageur**

**Carol James**

Expert weaver, Carol James, offers a multi-media presentation highlighting aspects of Canadian history, illustrated by real sashes. Weaving techniques are explored using real looms and 'finger-weaving.' Each participant leaves with a 'friendship bracelet' or 'bookmark.'

Carol James is a textile expert specializing in the technique known as finger-weaving, the method of construction in the Voyageur and Métis Assomption Sash. She is the author of the book Fingerweaving Untangled.

**Code:** B-01

**Level/ Niveaux:** tous

#### **B-02**

#### **L'étude du film en Français de base au secondaire**

**Carole Bonin**

L'étude du film en Français de base au secondaire – Venez voir comment intégrer les films dans votre classe de Français de base. Les activités mettent de l'emphase sur la littératie, la communication orale et le développement de l'esprit critique chez l'élève.

Carole is a Basic French Consultant at both the Bureau de l'éducation française and in the Louis Riel School Division.

**Code:** B-02

**Levels/Niveaux:** 9–12

#### **B-03**

#### **Comic Life in French Class**

**Nora Heschuk**

Using Comic Life in your French class will allow you to tap into your students' creativity while assessing their comprehension and writing skills. By creating comic strips, students can highlight activities from a field trip, re-tell a story,

show and explain the steps involved in making or doing something, share an experience..., and anything else that you can think of. In this workshop, you will learn how to create a Comic Life comic. Once you turn this tool over to your students, sit back and enjoy the fun!

Nora Heschuk teaches grades 7–12 Basic French in Neepawa.

**Code:** B-03

**Levels/Niveaux:** 4–12

#### **B-04/C-03 Continuing with the AIM: The Accelerative Integrated Method**

**Tim Ditrick**

This session will explore some of the finer aspects of the AIM, providing a question and answer format to raise issues, seek deeper understanding and learn more strategies to improve student learning. This session is considered an advanced session supporting those who already have experience using the AIM.

Tim teaches in the Pembina Trails School Division.

**Code:** B-04/C-03

**Levels/Niveaux:** Tous

#### **B-05/C-08 Rap in the French Language Class**

**Werner Epp and Herb Martens**

Music is often used as a motivator in the language classroom. Using a computer and/or a CD player, students (and teachers) can easily compose "raps" in French. In this workshop teachers will hear new examples by students from the English/German bilingual program. Participants will also have the opportunity to compose and present their own raps in French.

Herb Martens and Werner Epp are both middle years teachers in the English/German bilingual program at Donwood School.

**Code:** B-05/C-08

**Levels/Niveaux:** 4–12

#### **B-06/C-04**

#### **Danse en français**

**Mary Page**

Learn dance through French—learn French through dance. This is a win-win situation. Ballet actually originated in

France (think of Plié and Balancé). Encourage your students to learn French words through dance and movement. In this workshop, you will learn some practical ways to teach Basic French words while getting students out of desks and onto their feet.

Mary Page presently teaches dance and Biology at Transcona Collegiate. She also teaches dance to Kinesiology students at the University of Manitoba.

**Code:** B-06/C-04

**Levels/Niveaux:** K–12

#### **B-07 What Tools Do You Have in Your FSL Toolkit**

**Caterina Sotiriadis**

Participate in a workshop where you will be provided with dozens of practical ideas, strategies and "trucs du métier". C'est facile si on a Strategies for Success de Nelson Education! Come learn how to increase your own "tools of the trade" and then select the best of your professional growth as well as those for your FSL classroom. Hand-outs available. (Nelson Education)

Caterina is now an Independent Consultant and former consultant for Basic French in Manitoba.

**Code:** B-07

**Levels/Niveaux:** 4–12

#### **B-08/C-11**

#### **Exhibitors Displays**

(Can be signed up as a session)

**Levels/Niveaux:** tous

#### **B-09/C-12 ZUMBA**

**Charlene Echert**

Join in on the latest fitness craze and do some ZUMBA! ZUMBA combines Latin-style dance moves with your cardio workout. It is a fantastic activity to compliment an exercise unit. Wear comfortable clothing, preferably sport-wear and sports shoes. Preview some of the moves by Googling ZUMBA! Charlene teaches Grade 8 at Edmund Partridge Community School.

**Code:** B-09/C-12

**Levels/Niveaux:** tous

**Maximum participants:** 20

## **B-10/D-10**

### **Tarot Card Reading**

**Jane Hebden**

See a demonstration of how the cards can be read and learn some quick and easy methods you can use yourself. Jane Hebden has been reading and teaching Tarot Cards for many years.

**Code:** B-10/D-10

**Levels/Niveaux:** tous

**Maximum number of participants:** 15

## **B-11/C-16/D-12**

### **Meditation: How to Stay More Centred in the Midst of Your Busy Day**

**Kevin Harmer**

Learn simple techniques of staying calm and focused, and how to share these techniques with your students. Kevin has presented meditation and relaxation techniques to all levels of education for the last 35 years.

**Code:** B-11/C-16/D-12

**Levels/Niveaux:** tous

## **12h30 à 13h45**

**Ateliers « C »**

## **C-01**

### **SMARTBOARD technology**

**Sarah Armistead**

For teachers who are new to Smartboard technology and are curious as to how they can enhance their teaching through technology. You'll be leaving with more "how to" knowledge regarding certain functions of the Interactive Whiteboard and specific lesson ideas and strategies for classroom use. Please bring a USB stick so you can leave with a few lessons and activities to modify to your needs and be environmentally friendly!

Cet atelier est pour les enseignants et professeurs qui sont des débutants dans le champ des Smartboards. Si vous êtes curieux de savoir comment améliorer vos leçons en utilisant la technologie, venez et apprenez des idées et stratégies pour la salle de classe. N'oubliez pas d'apporter une clé USB afin de partir avec des activités que vous pouvez modifier à vos besoins!

Sarah Armistead teaches Basic French at John Taylor Collegiate.

**Code:** C-01

**Levels/Niveaux:** K-12

## **C-02 Games in the Secondary Classroom**

**Shelly Dankochik**

Students retain more information if they are having fun. Shelly will present a variety of games to make learning fun in the secondary classroom, get students talking and help students to master those tricky senior high verb tenses. Some games that are "just for fun" will also be presented. Participants are invited to bring their own game ideas as there will be time for participant sharing at the end of the session.

Shelly is the Basic French Consultant in the Evergreen School Division and a teacher at Gimli High School.

**Code:** C-02

**Levels/Niveaux:** 9-12

## **C-03 AIM SMART**

### **Beginner to Advanced**

**Tim Dittrick**

Using SMART Notebook with the AIM (Accelerative Integrated Method) participants will look at using the SMART Notebook technology to extend students' French classroom learning experience beyond their own home computers. Participants will learn how to download and use Smart at home and provide their students the same opportunity. Popular AIM activities adapted using SMART Notebook will be demonstrated as will an explanation of how to create your own SMART activities. This session is primarily for beginning and advanced teachers using the AIM.

Tim teaches in the Pembina Trails School Division.

**Code:** C-03

**Levels/Niveaux:** 4-8 Beginning and Advanced

## **C-04 Danse en français**

**Mary Page**

Learn dance through French—learn French through dance. This is a win-win

situation. Ballet actually originated in France (think of Plié and Balancé). Encourage your students to learn French words through dance and movement. In this workshop, you will learn some practical ways to teach Basic French words while getting students out of desks and onto their feet.

Mary Page presently teaches dance and Biology at Transcona Collegiate. She also teaches dance to Kinesiology students at the University of Manitoba.

**Code:** C-04

**Levels/Niveaux:** K-12

## **C-05/D-04 Learn the Art of Chocolate Making**

**Kathy Payne**

Combine your enthusiasm and passion for chocolate making to promote language acquisition!

Kathy teaches at Shamrock School in the Louis Riel School Division.

**Code:** C-05/D-04

**Levels/Niveaux:** tous

## **C-06**

### **Imagination and Language**

**Krystyna Baranowski**

Encourage your students to speak French using music, drama and games. Explanations and discussions will be in English. Activities will simulate the classroom and be played in French.

Dr. Krystyna Baranowski is a professor of French second language education and applied linguistics at the Faculty of Education, St. Boniface College and University of Manitoba. Her research looks at drama as a means of building linguistic confidence and spontaneity.

**Code:** C-06/D-06

**Levels/Niveaux:** 6-8

## **C-07/D-05**

### **Recycled Art Projects**

**Fernando Batista**

Recyclez s'il vous plait! Come out and learn new crafts to make with your students in French class using recycled materials—the cheapest way to engage learners in learning French. Please bring 1 idea to share with the group.

Hands-on Session. Materials supplied!  
Fernando Batista is a teacher in the  
Winnipeg School Division.

**Code:** C-07/D-05

**Levels/Niveaux:** 1–9

**C-08 Rap in the French  
Language Class**

**Werner Epp and Herb Martens**

Music is often used as a motivator in the language classroom. Using a computer and/or a CD player, students (and teachers) can easily compose “raps” in French. In this workshop teachers will hear new examples by students from the English/German bilingual program. Participants will also have the opportunity to compose and present their own raps in French.

Herb Martens and Werner Epp are both middle years teachers in the English/German bilingual program at Donwood School.

**Code:** C-08

**Levels:** 4–12

**C-09/D-09  
Improv & Theatre Workshop  
Marianne Kirouac**

By using theatre and improvisation exercises, you will discover the flexibility, the spontaneity, the creativity, the self-confidence and the opportunity to push the imagination. The workshop motivates and encourages group interaction in order to give to the students the opportunity to develop and to explore physical, emotional and psychological elements of playing different characters and creating different scenarios to play. The improv exercises are conceptualized to challenge the students to apply their knowledge of the French language, regardless of their level of French.

Educational interest: group work, the development of the imagination, and the art of storytelling, self-confidence and creative work.

Marianne is a well-known improv performer across Canada.

**Code:** C-09/D-09

**Levels/Niveaux:** 4–12

**Maximum participants:** 25

**C-10 Culturally Speaking,  
la francophonie chez vous  
Caterina Sotiriadis**

Integrating Francophone culture: how is it done in the Basic French program? Participate in a workshop where Nelson Education’s Cultur-osite 12 Little Books will bring “la francophonie” seamlessly into your classroom. Come and get ideas for practical activities, a sample Little Book and handouts. (Nelson Education).

Caterina is now an Independent Consultant and former consultant for Basic French in Manitoba.

**Code:** C-10

**Levels/Niveaux:** 4–8

**C-11 Exhibitors Displays  
(can be signed up as a session)**

**Code:** C-11

**Levels/Niveaux:** tous

**C-12 ZUMBA  
Charlene Echert**

Join in on the latest fitness craze and do some ZUMBA! ZUMBA combines Latin-style dance moves with your cardio workout. It is a fantastic activity to compliment an exercise unit. Wear comfortable clothing, preferably sport-wear and sports shoes. Preview some of the moves by Googling ZUMBA! Charlene teaches Grade 8 at Edmund Partridge Community School.

**Code:** C-12

**Levels/Niveaux:** tous

**Maximum participants:** 20

**C-13 Tea Cup Reading  
Jane Hebden**

Learn how to read the tea cup and how the tradition began. Jane Hebden has been reading and teaching tea cup reading for many years.

**Code:** C-13

**Levels/Niveaux:** tous

**C14/D11  
Self Defence for Women  
Jen Thorsteinsson**

Designed by women to meet the unique needs of women, Wen-Do teaches easy

to learn and easy to remember methods of protecting yourself. The focus is on awareness, avoidance and action in a wide range of situations, utilizing levers with bigger stronger body parts against smaller weaker ones. Techniques are designed to be used by women of all ages, sizes and physical abilities. A combination of discussion and physical technique will offer mental and physical readiness to gain a sense of choice and an alternative to being a victim.

Jenn Thorsteinsson is currently the only fully certified Wen-Do instructor in Winnipeg. She began her training in 2000, and has been fully certified since 2006.

**Code:** C14/D11

**Levels/Niveaux:** tous

**Maximum participants:** 20

**13h50 à 15h00  
Ateliers « D »**

**D-01 Échos Literacy  
Series—What’s New?**

**Judy Bilenki-Pearson Publishing**

Pearson’s popular literacy series Échos is a collection of unique classroom resources designed to activate effective literacy practices in FSL. In this workshop, Judy will showcase the tools and strategies that help students successfully develop language and literacy strategies developed through engaging yet accessible texts that explore a variety of topics and text genres, including print, audio, and media. Judy will also provide a preview of the new interactive digital components of Échos designed to enhance FSL teaching and learning. Participants will receive a complimentary sample Écho package.

Judy Bilenki, is a former French consultant for the St. James Assiniboia and is currently working as an independent language consultant.

**Code:** D-01

**Levels/Niveaux:** 4–6

**D-02 SPOONtanéité—un  
voyage musical dans la  
Francophonie**

**Greg Sametz**

Venez apprendre comment planifier une

leçon basée sur les rythmes des pays de la francophonie autour du monde. Voyagez avec moi et soyez prêts à jouer les cuillères musicales.

A life-long member of MATF, Greg Sametz is recently retired from the Seven Oaks School Division and currently works with Internationally Educated teachers in the Faculty of Education at the University of Manitoba.

This is a bilingual workshop.

**Code:** D-02

**Levels/Niveaux:** tous

## D-03 Danse en français

**Mary Page**

Learn dance through French – learn French through dance. This is a win-win situation. Ballet actually originated in France (think of *Plié* and *Balancé*). Encourage your students to learn French words through dance and movement. In this workshop, you will learn some practical ways to teach Basic French words while getting students out of desks and onto their feet.

Mary Page presently teaches dance and Biology at Transcona Collegiate. She also teaches dance to Kinesiology students at the University of Manitoba.

**Code:** D-03

**Levels/Niveaux:** K–12

## D-04 Learn the Art of Chocolate Making

**Kathy Payne**

Combine your enthusiasm and passion for chocolate making to promote language acquisition!

Kathy teaches at Shamrock School in the Louis Riel School Division.

**Code:** D-04

**Levels/Niveaux:** tous

## D-05 Recycled Art Projects

**Fernando Batista**

Recyclez s'il vous plaît! Come out and learn new crafts to make with your students in French class using recycled materials. The cheapest way to engage learners in learning French. Please bring 1 idea to share with the group. Hands-on Session. Materials supplied!

Fernando Batista is a teacher in the

Winnipeg School Division.

**Code:** D-05

**Levels/Niveaux:** 1–9

## D-07 PARLERAMA

**John Erskine**

Students' general language awareness and curiosity about language are vital elements for success. Ideas for classroom language awareness activities will be presented, including the CASLT 40th Anniversary game PARLERAMA.

John is Past President of CASLT and the French and Language Consultant for the Winnipeg School Division.

**Code:** D-07

**Levels/Niveaux:** 6–12

## D-08 Fenêtre sur le monde- Faire vivre les cultures francophones

**Sandra Drzystek**

La sénatrice Tardif dit, «Pour les jeunes Anglophones, choisir d'apprendre le français constitue plus que l'acquisition d'une autre façon de parler. C'est aussi un moyen d'apprendre au sujet d'une culture et d'un monde qui sont différents des leurs.» La sénatrice nous appelle à faire vivre la langue et la culture en salle de classe. Comment faire? Cet atelier a pour but de proposer des pistes de réflexions et d'exploitation pour l'intégration des cultures francophones en salle de classe de Français de base au quotidien.

Les buts de la session :

Découvrir et comprendre comment faire vivre la culture francophone aux élèves.

Apprendre d'intégrer des expériences culturelles francophones au quotidien.

Offrir quelques pistes d'exploitation pour découvrir la culture

Développer un sac de culture et réfléchir aux expériences culturelles.

Offert par Sandra Drzystek – Agente de liaison, Français langue seconde. Éducation Manitoba

**Code:** D-08

**Levels/Niveaux:** 7–12

## D-09 Improv & Theater Workshop Mariette Kirouac

By using theatre and improvisation exercises, you will discover the flexibility, the spontaneity, the creativity, the self-confidence and the opportunity to push the imagination. The workshop motivates and encourages group interaction in order to give to the students the opportunity to develop and to explore physical, emotional and psychological elements of playing different characters and creating different scenarios to play. The improv exercises are conceptualized to challenge the students to apply their knowledge of the French language, regardless of their level of French. Educational interest: group work, the development of the imagination, and the art of storytelling, self-confidence and creative work. Mariette is a well-known improv performer across Canada.

**Code:** D-09

**Levels/Niveaux:** 4–12

**Maximum participants:** 25

## D-10 Tarot Card Reading

**Jane Hebden**

See a demonstration of how the cards can be read and learn some quick and easy methods you can use yourself. Jane Hebden has been reading and teaching Tarot Cards for many years.

**Code:** D-10

**Levels/Niveaux:** tous

**Maximum number of participants:** 15

## D11

### Self Defence for Women

**Jen Thorsteinsson**

Designed by women to meet the unique needs of women, Wen-Do teaches easy to learn and easy to remember methods of protecting yourself. The focus is on awareness, avoidance and action in a wide range of situations, utilizing levers with bigger stronger body parts against smaller weaker ones. Techniques are designed to be used by women of all ages, sizes and physical abilities. A combination of discussion and physical technique will offer mental and physical readiness to gain a sense of choice and an alternative to being a victim.

Jenn Thorsteinsson is currently the only fully certified Wen-Do instructor in Winnipeg. She began her training in 2000, and has been fully certified since 2006.

**Code:** D11

**Levels:** Niveaux:tous

**Maximum participants:** 20

## D-12 Meditation: How to Stay More Centred in the Midst of Your Busy Day

**Kevin Harmer**

Learn simple techniques of staying calm and focused, and how to share these techniques with your students. Kevin has presented meditation and relaxation techniques to all levels of education for the last 35 years.

**Code:** D-12

**Levels/Niveaux:** tous

## REGISTRATION

### MATF membership fees with SAGE conference

Full Member/Full Day.....\$66.00  
(**\$30.00 membership + \$36.00 conference**)  
Full Member/Half Day.....\$48.00  
(**\$30.00 membership + \$18.00 conference**)  
(new members or renewals)

### MATF conference fees

**Full day**  
Member.....\$36  
**Code:** D-10.00  
(previous or by joining today)  
Non-member.....\$65.00  
Student.....\$22.00  
(conference + membership)

### MATF conference fees

**Half day**  
Members.....\$18.00  
Non-members.....\$47.00  
Student.....Free

### Full MATF membership

MATF full/regular.....\$30.00\*  
(new or renewal)  
MATF student.....\$22.00\*  
(conference +membership)

\*Please note MATF membership includes membership to Manitoba Association of Teachers of French  
\*\*Note: For only \$1.00 more than the non-member conference only fee, you can attend the conference and become a MATF member as well.

### Dîner/Lunch

**Catered by Perry from the Norvillia Hotel. Lunch will be a meat/vegetarian lasagna, with Caesar salad, garlic bread and dessert.**  
.....\$11.00

Cut off for ordering lunch 3 days prior to SAGE. Please pre-order lunch and pay with registration.

### Late Registration

Registrations received or postmarked after Friday, September 30, 2011 will be assessed a late fee of \$5.00. Session confirmation notices will not be issued, however if we are unable to accommodate any of your choices, we will contact you directly. Faxed registrations, or registrations received without payment will not be processed.

### Registration Information

**Online:** In keeping “green” please register online with our secure link at [www.matf.ca](http://www.matf.ca). Register early because space is limited in some workshops. Online registration will reserve your place and receipt of payment completes and confirms your registration. If you do not receive your confirmation within 24 hours please contact Jeanette Kirby at 204-668-1341.

### Mail

Please send your cheques to:  
Jeanette Kirby  
319 Keenleyside Street  
Winnipeg, MB R2L 1Z3  
[jjkirby@mymts.net](mailto:jjkirby@mymts.net)  
Mailed registrations will receive their receipts at the door.

### Conference Information

Contact Lucie Boutet  
231-5837  
[lboutet@mts.net](mailto:lboutet@mts.net)