

March 8, 1993

Status of Women Committee

Metamorphosis
Michael Ballard
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Stirling, Ontario
K0K 3E0

Ontario Secondary School
Teachers' Federation
District 19 Hastings Division
217 North Front St., Belleville
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Dear Michael,

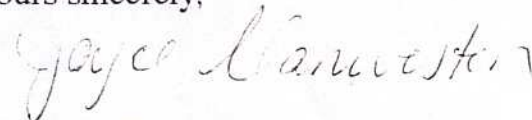
Thank-you for your very entertaining and enlightening talks on Humour, Stress and Change, which you gave for two groups of Hastings County teachers, in Madoc and Belleville in February.

It was a pleasure to hear so many concrete, practical solutions to our invented and real sources of stress, and to hear of your trials and successes as you've worked your way through the changes in your life.

We were especially pleased, as a committee that hosts three or four workshops a year, that your topic drew such good sized audiences, and that you held their attention so well. It is no small feat to hold a group of teachers' attention ... sometimes we can be the most restless audience!

Thank-you for your energy, enthusiasm and professionalism. We hope to benefit from your workshops again sometime in the future, either through our committee or some other OSSTF function.

Yours sincerely,



Joyce VanWesten