

Greetings from the Chair Couple!

We are excited about the 2012 conference and your volunteer team has been working hard to ensure this year's conference will be fantastic.

It is our 4th and final year on the committee and we are proud to be passing forward a Society that is vibrant, financially stable and managed by a great team of volunteers that are committed to see the conference continues. We have achieved many accomplishments in the past 4 years building on the solid foundation passed to us from previous committees. Through dedication and extra effort of this and past committee members, we have achieved results beyond the current year conference planning activities. Thank you all!

During our 4 years we have observed some interesting trends that are worthy of noting:

- Return attendees ensure our ability to host the conference. Nothing new, however this demographic is changing and the percent of long time attendees is in decline.
- Conference attendance naturally tops out at 70 to 80 couples, regardless of marketing efforts.
- Our selection of the conference venue is a key to drawing facilitators, new attendees and providing value to returning attendees.
- Hotel costs continue to increase the cost of the conference. Much work continues in this area to keep the venues competitive.
- Facilitators seek out the opportunity to present at the conference and we now have a waiting list of potential facilitators. Many have stated "there is nothing like this in the world".

A key area of focus over the past 4 years has been on our changing demographics. As a result, our marketing and promotion strategy has evolved to utilize social networking. The Society has grown from a paper, phone and mail based processes, to processes that are on-line and website centric. Our website now includes: event booking, profile & account self service and ability to share content- all within a secure environment. You can follow us on Facebook, tweet us or blog with us. The societies' vision and mission matches extremely well with the purpose of social networking – we hope you find value and spend time utilizing these services. We are excited to have the ability to share information on relationship enrichment throughout the year, not just on conference weekend.

Beyond all of this, we have had the pleasure to work with many of you, we have built lasting friendships and our growth as a couple through volunteering on the committee is not just immeasurable, it is priceless.

See you at the 2012 conference,

Michael & Jennifer Campbell
2012 Conference Chairs

"The dinner and dance was a time to celebrate. It was so much fun."

From the Conference Presenters... Joel and Kate Feldman!

Hello everyone! Our conference is almost here! We are excited about joining you for a weekend of connection, loving, fun, and relaxation. As we write this, we're thinking about some of the important aspects of being a couple. One of those is INTIMATE FUN.

If you want to have intimate fun together you have to adopt a couple of special attitudes.

1. An attitude of play: No agenda, pleasure for both people, laughter, humor, and experimentation.
2. An attitude of teamwork: Are you an INTIMATE TEAM? This means that if there is a problem, sexual or otherwise, it's a COUPLE PROBLEM. You have to solve it together.

What is intimate fun?

1. The result must be warm, good feelings between you.
2. You brainstorm ahead of time about activities that you both would like.
3. 4 minutes to an hour or a day works wonders!
4. You get to create it as a couple. There is no one formula that works for everyone.
5. Belly laughs are really good for heart connection, immune support, and lightening the load of everyday life.
6. Affectionate and/or sensual touch lowers the heart rate; the brain receives a signal that your partner is a source of safety and pleasure.
7. Doing something HIGH ENERGY together promotes good feelings, warmth, and a sense of well-being.

Important TIP:

You must be intentional about your desire to have more fun. It does not appear out of thin air. You have to plan and schedule. If you don't, it won't happen. If you need help join us for CREATING JOY AND PASSION!

See you soon!

Joel and Kate

Did you know... BCC Grants are matched by the Government!

The Banff Couples Conference Society is run entirely by volunteers. The fees you pay for the conference allow us to arrange for our fabulous location and pay for the amazing facilitators who lead our weekend. But how do we pay for capital expenditures and other large expenditures like website upgrades? The Banff Couples Conference as a Society is eligible for government grants to help pay for capital expenditures. The amount of the grants is based on the donations we receive during a year and they are matched by the government. In 2011 we were able to pay for the upgrades to our website to make it the great site you see today. This year we have a grant to help us purchase a projector for our facilitators to use during the conference. This purchase will reduce our audio/visual costs for future conferences. Your donations make a difference.

You can donate when you pay your fees or anytime by going to the website or mailing a cheque to our registration couple.

Dan & Jeanette Dover

2012 Conference Finance and Secretary Couple

"Couples are there to work on their marriage."

The Facilitator Current & Future Portfolio!

Do you ever wonder where the Committee finds the professional facilitators that come to the Banff Couples Conference? Well the answer is most often from you!

Since May 2011, we have received four recommendations from prior attendees of potential facilitators for future years. We also receive recommendations from you on the feedback forms. We recently received a recommendation from New York. This individual had seen our blog and knew someone they thought would fit our organization. Do they, that remains to be seen and will be researched thoroughly by the incoming portfolio couple.

Once the portfolio couple has created a short list of potential facilitators, it is taken to the Committee for review and recommendations. From there it returns to the portfolio for initial discussions to commence to determine if they are fit. Through this work, you as a couple are exposed to the work of many professionals.

If you know of someone, or heard someone on a radio program that interests you, please send their name to info@banffcouplesconference.com. We never know where the next wonderful facilitator will come from.

Maybe you would like to take a turn at helping to select the facilitators for a future conference!

Marilyn & Kevin Robertson
2012 Conference Facilitator Couple

Connect with BCC Throughout the Year

The BCC Organizing Committee is starting to make regular updates via Blog entries and Facebook updates. There are a lot of authors and relationship experts that make information available throughout the year and our aim is to provide ongoing relationship ideas for you to think about.

To follow the Blog, go to <http://banffcc.wordpress.com> or blog entries are also posted on Facebook. The Facebook page can be found by searching for [Banff Couples Conference](#) and then clicking [Like](#) so that you will see ongoing updates. Comments can be made on Facebook or on the Blog.

If you have ideas or content to share, please post your comments on either site or send it to info@banffcouplesconference.com. For the next while, Kevin Robertson will be contributing posts but we are interested in having additional contributors.

Parking at the Chateau!

This year our conference attendees can **park for free** using the **Self Parking** option. Normally this would cost \$25 per day. When you drive to the main entrance, the Bellman will unload your luggage and take it inside. They will give you a baggage tag to give the check in agent and ask you to park right away. There are signs to get to this covered parking lot. A Bellman will take your luggage to the room once you have checked in or you can tell them you'd like to handle your own luggage. When you want to retrieve your vehicle it can be accessed from inside the building.

The other parking option is to use **Valet Parking**, which will cost **\$35 per day**.

Dave & Lori Thomas
2012 Conference Housing Couple

*"There were families with two generations in attendance and they had been coming for multiple years.
This stuck with me."*