

ELECTRICAL CONTRACTORS ASSOCIATION OF ONTARIO
2011 INDUSTRY CONFERENCE, MARCH 19-26
JW MARRIOTT GUANACASTE RESORT & SPA, GUANACASTE, LIBERIA, COSTA

Partner Program - Registration Form

Salsa, Merengue & Cha-cha-chá Dancing
Monday, March 21, 2011 (9:15 a.m. - 11:30 a.m.)



Hey, we know life is hard so we want to make your leisure time is as fun as possible. Those of you who take the opportunity to fall in love with dancing will see the power that this amazing past time has on transforming and lifting your mood. It is a great stress reliever and learning to dance can be a very fun and enjoyable experience. So come and enjoy some of Costa Rican's most popular Latin dances: **Salsa** - fast, sexy and fun; **Merengue** - majestic, close and intimate, and **Cha-cha-chá** - energetic, rhythmic and punctuated by saying Cha-cha-chá! Latinos all seem to be born with the natural ability to dance, and now so can you! Come on out and strut your stuff alongside the locals, as passion pours into the music! These popular dances will uncover your talent and awaken your appreciation of the beautiful Latin culture.

Costa Rican Flavors (Cooking Lesson)
Wednesday, March 23, 2011 (9:15 a.m. - 11:30 a.m.)

Spend a morning in the kitchen and you will learn to prepare some of Costa Rica's most famous traditional dishes. You will simply be surprised by the variety of flavors and traditional cooking techniques you will learn as you are taught by local cooks. You will experience hands on cooking lessons in such dishes as:

- **Gallo Pinto** (Rice and Beans) which is traditionally served with nearly every meal as a side.
- **Plantain** (which can be fried and is known for being tasty, yet fairly mild) is simple to make and quite satisfying and is a great accompaniment to any Latin meal.
- **Ceviche** – a citrus-marinated seafood that is truly delicious with the combination of lime, lemon and bitter orange tastes.
- **Empanadas** - bread/pastry stuffed with meat, vegetable or seafood.
- **Cassava Chips** – Cassava (also called yuca or manioc) is a shrubby, tropical, perennial plant, like a potato, which you will slice and prepare into chips.

In the end you will leave experienced in Costa Rican cuisine having completed a culinary exotic adventure.



Spouse/Guest: _____

Please register me for the: Salsa, Merengue and Cha-cha-cha Dancing
 Costa Rican Flavors

*Fax this page to ECAO at 416.675.7736 by January 31, 2011 to reserve your spot!
Reservations will be made on a first-come, first-served basis.*