



LINDSAY MEN'S PROBUS CLUB

Chapter #185 Charter Date: February 23rd 2007

lindsaymensprobudclub.com



On May 9th we held our monthly meeting at Celebrations, with about 50 members attending. Following a 30 minute social time Club President, Sal Polito opened the meeting at 10:30am and welcomed everyone. After we stood for O'Canada, Sal then took a count of those wishing to attend the optional lunch before starting the business portion of the meeting.

We had two guests at this meeting, returning member and past-president, Max Radiff and Doug Scott a pending member and guest of Brian Gowan.

Sal welcomed one new member to the club; Bob Graham who was introduced by his sponsor, Martin Pick. Bob Whitfield presented him with his club badge and information package.

Our featured member this month was Ron Morgan, who joined the club in September 2007, during its first year of operation. Over the years, Ron has served in a number of roles within the club, most recently in Health & Welfare. (More about Ron on Page 2)

Our guest speaker, Kristie Virgoe was then introduced by Bruce Cameron. Kristie's talk was "Forest Therapy". She is a Certified Forest Therapy Guide through the Association of Nature and Forest Therapy Guides and Programs in the United States.

"Forest Therapy is a practice that promotes healing and wellness through immersing oneself in the calming and restorative atmosphere of forests and other natural environments. The practice originated from the Japanese tradition of Shinrin-Yoku or "forest bathing" and has been backed by research to provide an array of health benefits. By reminding us that we are interconnected with nature and all living beings, Forest Therapy goes beyond physical benefits and stabilizes our mood and cognition.

The practice of Forest Therapy is open-ended, with no predetermined outcome, but rather focuses on fostering a reciprocal relationship between the forest and the practitioner. To provide structure, there is a clearly defined sequence of guided events that allows for creativity and serendipity while embracing individual inspiration". (More from Kristie on page 3, and her talk is posted on the Club's Website)

Following her talk and a Q&A, Kristie was thanked by Ted Abbott.

Kristie then drew the winning ticket for the Share the Wealth draw and the winner was John Rose.

Sal thanked everyone for coming and closed the meeting at 11:45am, with those going to lunch heading for St. Dave's Diner.





Kristie Virgoe is thanked by Ted Abbot



New Member Bob Graham, with Sal Polito, Bob Whitfield and Martin Pick



Ron Morgan with Sal Polito

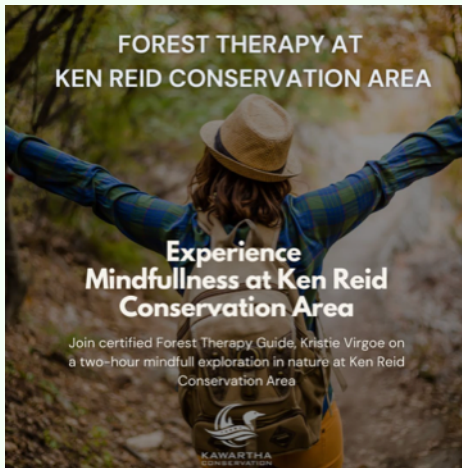
Featured Member - Ron Morgan

Ron was born in Montreal and moved to Toronto (Mimico) when he was 15, where he attended high-school. At age 25 he married and moved to Wolfville Nova Scotia to attend Acadia University. He earned a Bachelor of Science Degree with a major in Geology.

After receiving his degree in 1963, he then taught at Ashbury College, a private boys school in Ottawa. He taught grades 8&9, history and geography, during which time he met many political leaders and dignitaries as he taught their children. The most famous was Haile Selassie, as he taught the crown prince of Ethiopia.

In 1972 Ron moved to Lindsay and taught Geology at Sir Sandford Fleming College for 5 years. After which he was asked to coordinate and teach a new program called “Resources Drilling” which became “Drilling & Blasting” and this program remains, the only Hands-On course of its type in the world. After 20 more years at Sir Sandford College, Ron retired in 1997.

Ron lost his wife in 2018, and subsequently moved to the Senior Living Building on Albert St., which is attached to Adelaide Place. He has three sons and seven grandchildren, spread out across various locations in Ontario.



At Ken Reid Conservation Area, visitors can experience the beauty and healing power of nature firsthand. With more than 250 acres of forests, wetlands, and meadows, there's no shortage of natural beauty to explore. And with Kristie Virgoe's guidance, visitors can learn to slow down, breathe deeply, and connect with the natural world in a way that can have profound mental and emotional benefits.

Upcoming forest therapy walks at Ken Reid will take place on Saturday, May 13 from 1 to 3 p.m. and Friday, May 26 from 10 a.m. to 12 noon. Registration is required and the cost is \$10 per person, with all proceeds being donated to the Kawartha

Chapter of the Canadian Mental Health Association.

Visit www.kawarthaconservation.com and go to the Calendar at the bottom of the homepage to see all of the upcoming events.

So this Mental Health Month, why not take a step back from the stresses of daily life and immerse yourself in the healing power of nature? Whether you're new to Forest Bathing or a seasoned pro, Ken Reid Conservation Area is the perfect place to experience the beauty and wonder of the natural world. As Kristie Virgoe says, "Nature is our greatest healer, and Forest Bathing is a wonderful way to connect with it."

Club Notices

Next Club Meeting - Tuesday, June 13th at 10AM

**Speaker: Kelly Isfan,
Ross Memorial Hospital ~ CEO**

Health & Welfare

If you know of any member who is experiencing health issues at this time, please contact Bruce Cameron ~ cam48retired@gmail.com




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